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- ☒ **Conquer needle fear**



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**Dinners
for one**



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favourites**



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03
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Ricotta Pancakes with Vanilla Berries

Makes 8 | Serves 4

250g strawberries,
hulled, quartered

1 Tbsp EQUAL SPOONFUL

2 tsp vanilla bean extract or paste

1 cup plain flour

½ tsp baking powder

Extra 2 Tbsp EQUAL SPOONFUL

¾ cup low fat milk

2 eggs, separated

200g fresh light ricotta

20g reduced fat butter, chopped,
to pan-fry

1. Put strawberries, Equal Spoonful and vanilla extract in a medium bowl. Toss well and set aside.
2. Put flour, baking powder and extra Equal in a medium bowl and stir to combine. In a large bowl whisk milk, yolks and ricotta until combined. Add milk mixture to flour mixture and stir gently until just combined.
3. Put egg whites in the large bowl of an electric mixer and beat on high, using whisk attachment, until firm peaks form. Fold into batter in 2 batches until just combined.
4. Heat a large non-stick frying pan over a medium heat. Grease the pan with some butter and add heaped ¼ cups of mixture to pan. Gently spread to make a round shape about 10cm diameter. Cook for about 4 minutes or until bubbles form on the surface and the base is golden brown. Flip and cook for a further 3 minutes or until golden and cooked through. Transfer to a large plate and cover loosely with foil to keep warm. Repeat with remaining batter, adding a little more butter as necessary to make 8 pancakes.
5. Serve pancakes with vanilla berries.

Energy 1081.5 kJ, Protein 12.4g, Fat Total 7.5g, Saturated Fat 3.9g, Carbohydrates Total 32.6g, Sugars 6.2g, Sodium 179.1 mg

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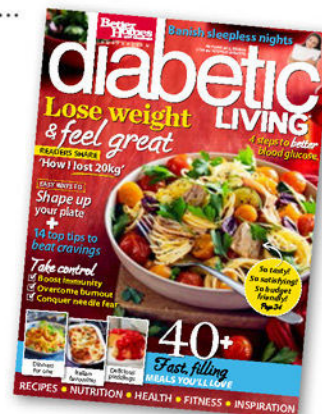
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WELCOME



Live & learn

I have a confession to make. I'm one of those people who knew they had type 2 in their family but chose to ignore it. No one talked about it, which made me feel that my diabetes risk wasn't much to worry about.

But once I started reading *Diabetic Living*, that changed. I realised I had to rethink my diet and haul myself out of bed to walk every day. No excuses!

What a wake-up call *DL* has been. I've gone from having a vague idea about diabetes to wanting to discuss it with everyone! So if you chance upon me, say hello because I'm up for a chat. And, if you haven't already done so, please make your family, friends and colleagues more diabetes aware. This epidemic has been a silent one for too long.

In reading *DL*, I congratulate you for taking responsibility for your health. Or, if you're a carer who is cooking healthy food spiced with love, take a bow. You deserve to feel proud.

As do former editor Mara Lee and the *DL* team. For the past two years they've done a terrific job and I'm honoured to have the opportunity to continue their fine work. If you have any ideas for how we can help you to live well and stay well, please take the time to email or write to me. In the meantime, enjoy!

Toni Eatts, **Editor**



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LOOK OUT
for our next issue,
on sale 2 June



Stay on track

If it's a challenge to remember when your regular health checks are due, turn to page 106. Short on time? Pop into your local pharmacy – many offer simple tests for free.

Kickstart your goals

Knowing you need to lose weight can be daunting, but not if you turn to page 92. You'll find a handy 'road map' to the new you!



Healthy food swaps

Learn some new tricks and keep promoting our campaign, brought to you by

TRUE equal

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



If you have diabetes...

Do you want to know more about the impact of blood glucose levels on your health?

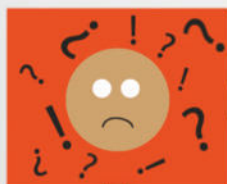


Yes

A Credentialed Diabetes Educator can explain when to check and act on your blood glucose levels for good health.

No

Do you feel sad or stressed by your diabetes?



Yes

A Credentialed Diabetes Educator can provide you with support and advice.

No

Do you want more ideas on how physical activity and healthy eating can help improve your diabetes?



Yes

A Credentialed Diabetes Educator can support you to make changes for a healthier lifestyle.

No

Why not see a Credentialed Diabetes Educator to help you stay on track to good health?

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In conversation with...

Danielle Veldhoen

Podiatrist, Royal Prince Alfred Hospital, Sydney

What is a podiatrist and how can they help me?

A podiatrist is an allied health professional who can provide comprehensive advice on how to look after your feet. They can assess and treat general foot problems, as well as any directly related to your diabetes.

Diabetes can cause damage to the nerves and blood vessels in your feet, which can lead to serious complications such as foot ulceration, infection and amputation. This is why it's so vital to take care of your feet.

What made you decide to pursue a career in podiatry?

A great experience with a podiatrist following an injury influenced me to become one myself. I decided to specialise in diabetes after graduating, and I am now fortunate to work in a team dedicated to helping people affected by diabetes. I hope to contribute to research to improve outcomes and reduce amputation rates in this high-risk population.

How often should I see a podiatrist and how much will it cost?

A podiatrist is an important part of your care team, so it's advisable to see them at least once a year. Your visits should be more regular if you have diabetes-related problems such as poor circulation, foot pain or neuropathy, or are unable to manage your foot care because of mobility or vision issues.

The cost will vary depending on your health cover and Medicare entitlement. Speak to your GP about accessing the care you need.

What should I look out for between visits?

Having a daily foot-care routine is important. This can be as simple as washing your feet, looking out for any skin and/or nail problems, and protecting them by wearing supportive footwear. If you notice a problem or are unsure about how to look after your feet, seek advice early so little problems don't escalate.



OUR EXPERTS

Dr Kate Marsh

Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. lintonhealth.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

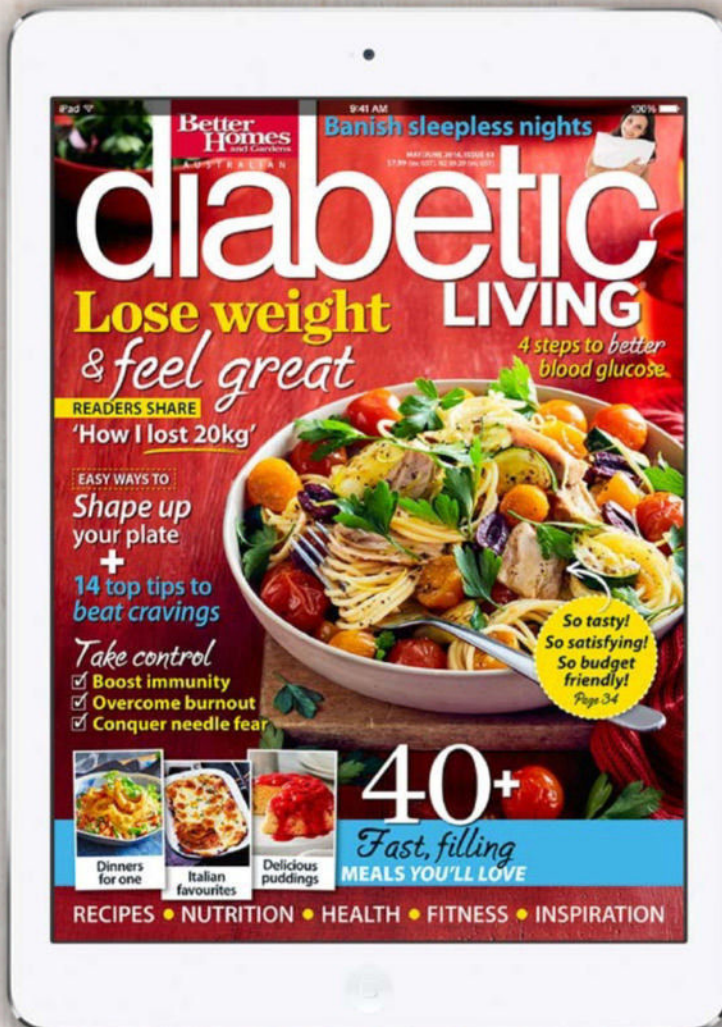
Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au ■

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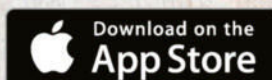
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Love your heart

Time to stop thinking of heart disease as a middle-aged man's condition – it's the biggest killer of Australian women. Ninety per cent of us have one risk factor, while 50 per cent have two or three*. Stroke is another one of Australia's biggest killers – one in six will have a stroke in their lifetime. The good news: there are plenty of things you can do right now to lower your risk of both conditions. Read on...

YOUR BLOOD PRESSURE

Forty-two per cent of females who completed the Priceline Pharmacy Health Tracker had 'normally high' to 'very high' blood pressure**, a condition where blood pushes against artery walls with too much force, tiring the heart. High blood pressure can lead to stroke as well as heart disease. That's why Priceline Pharmacy is partnering with the National Stroke Foundation to bring you 'Australia's Biggest Blood Pressure Check'. Find out your BP at any Priceline Pharmacy store during April. You can bring your figures down by reducing your alcohol and salt intake, easing your stress levels, increasing the exercise you do, and using the Priceline Pharmacy Health Tracker to achieve your goals.

YOUR CHOLESTEROL

One of the most common heart disease risk factors in Aussie women is high cholesterol*, and the condition can also lead to stroke. According to the Priceline Pharmacy Health Tracker Report October 2015, 19 per cent of respondents had high cholesterol. The goal: keep your 'bad' cholesterol (your low-density lipoprotein, or LDL) low, and your 'good' cholesterol (your high-density lipoprotein, or HDL) high. Read on to learn how to keep your levels ace. You can get your levels checked with your local Priceline Pharmacist.

YOUR FOOD

To keep your LDL cholesterol low, avoid trans fats (mostly in processed foods like bikkies and chips), and keep your intake of saturated fats (in dairy products and non-lean meat) low.



The other types of fats – polyunsaturated and monounsaturated fats – which you get from things like nuts, avocado and olive oil, may help bring bad cholesterol down.

YOUR EXERCISE

Excess weight is a risk factor for stroke and heart disease, especially if the fat is around your middle. As you gain belly fat, the individual abdominal fat cells swell, and their size is linked to higher triglycerides and lower good cholesterol. The best prescription for reducing abdominal fat cell size is a combination of exercise and a healthy, balanced diet, says the *International Journal of Obesity*. When it comes to exercise, 30 minutes of working out five days a week can help reduce your heart disease risk by up to 50 per cent, according to new research by the University of Kentucky. FYI, you can enrol in a free 12-week, online Sustainable Weight Loss program through the Priceline Pharmacy Health Tracker.

YOUR STRESS

Sadly, being depressed, socially isolated or lacking social support puts you at greater risk of heart disease, according to Australia's Heart Foundation. A study in the *Annals of Behavioral Medicine* found spouses with relationship troubles had blood pressure readings five times higher than singles. The lesson: investing in your relationships is investing in your health.

4 mill

This many people live with high blood pressure and many don't know it

Source: Stroke Foundation

REAL-LIFE STROKE SURVIVAL STORY

In 2012 an Aussie primary school teacher in her 20s was celebrating the end of school year in London when an intense headache and urge to sleep hit. Katrina was taken to hospital, where she was initially dismissed before doctors ID'd a massive stroke in her brain's left hemisphere. The delay in diagnoses left Katrina with a range of deficits. Just three months later, she had another stroke. Her sister, Jacky Laird, was thrust into a carer role for her older sibling. Despite Katrina's inability to do the simplest tasks, she retained her sense of humour, which has helped get the sisters through. Now the two of them aim to make younger generations aware that strokes can hit at any age. For more stroke survival stories, see priceline.com.au/mission-health.



TAKE THE PRESSURE DOWN

With Dr John D'Arcy

"Maintaining a healthy weight is the key to managing the risks of a rising blood pressure. So healthy eating – as well as cutting back on excessive salt in the diet – helps reduce the risk of high blood pressure. Additionally, up to 30 minutes of activity a day not only reduces anxiety but reduces blood pressure as well. Do these things and you'll lower your risk of stroke."



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star letter

MEDALS OF PRIDE

When I was diagnosed with pre-diabetes, I didn't despair – I declared war! Promoting myself to general, I plotted to vanquish the enemy that threatened my precious body. My weapons? *DL* magazine, a re-stocked pantry, sports shoes and my resolve. With your delicious and simple strategies I've pushed the beast back behind enemy lines. Now I am decorated with medals of pride, happiness and relief. My family and I truly thank you.

Wendy Walsh, via email

MY ONE-STOP MAG SHOP

After unknowingly battling with insulin resistance for a long time, I've finally been diagnosed and am now on a good path. Buying *DL* has opened up a whole new world to me. My questions of 'What do I do now?' and 'Where do I start?' have been answered in this one-stop magazine shop. Tips, health, exercise, menus, professional advice – *DL* is full of informative, fuss-free reading. Thank you for being you.

Vera Diacoumis, NSW

ON MESSAGE

You have me hook, line and sinker! I purchased my first ever copy of *DL* in late 2015 and I read it from cover to cover. The magazine is informative, easy reading. It presents achievable and real suggestions. The recipes are awesome – I have tried many of them. The wellness message stands strong on every page. I am encouraged and inspired. Thank you!

Patricia Hain, NSW

GOOD ON YA, MUM!

My son has had type 1 since he was 13. He is now 25 and living away from home. I used to worry about his diet, but I don't have to worry any more, thanks to *DL*. I took out a two-year subscription to the magazine so that he could have all the recipes – I pass each issue on to him after I have read it myself. My son loves the Menu Planner and all the great recipes, which are easy and quick to make. Thank you so much. What an awesome magazine!

Jo Wicks, NSW



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What I have in my hypo kit...

A banana, plenty of water... Oh, bugger it – take a picnic!
– Leanne Murrin

DIABETES IN THE CLASSROOM

My grandson was diagnosed with type 1 at age two. His teachers have been brilliant. They always consult with his mother if there is an outing for the kids, swimming lessons or anything that can impact on meal times.
– Wendy Flint

When test strips go walkabout...

Ha ha! I found a strip on the cat's tail once!
– Amanda Axiak

SOOTHING RESTLESS LEGS

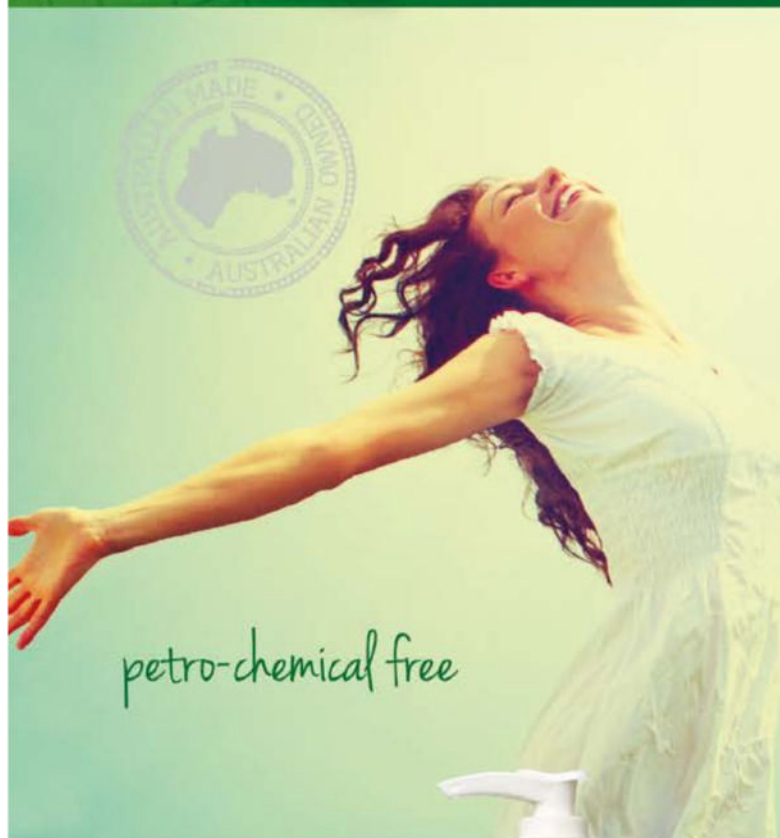
I have had restless legs syndrome (RLS) for at least 30 years. If I put extra-strength Deep Heat on my lower back and a hot wheat pack either on my hip or lower back before bed, it stops the urge to move my legs.
– Cherie Evans

For more tips on treating RLS, turn to page 105.

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It's time to change lives!

With an estimated two million Aussies at high risk of developing type 2, there's no better time than now to spread the word about our Change4Life campaign

1. TAKE IT

Encourage everyone you know to take the type 2 risk assessment quiz. Find it online at Diabetes Australia or on our Facebook page. It only takes two minutes to complete!



2. CHECK IT



A high score may not mean you have diabetes, but you should see a GP, especially if you are in a high-risk category.

Change 4 LIFE



4. MOVE IT

Exercise makes your body work better and every little bit counts. Invite your family or friends to catch up for a walk or plan an active day at the park – it's all protection against type 2.



3. SWAP IT

A healthy diet will benefit the whole family and reduce everyone's type 2 risk. See the following pages for smart switches and tips from dietitian and Change4Life Ambassador Susie Burrell.

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GET checked, GET healthy!

*A prescription
for better health*

Take the next step towards a diabetes-free future with the *DL* Change4Life campaign

Have you heard about Change4Life? Launched in our January/February issue, this ongoing campaign aims to raise awareness about type 2 diabetes. Type 2 is Australia's fastest-growing condition, however it's estimated that as many as 58 per cent of cases can be prevented by making healthy lifestyle choices.

Now is the perfect time to urge your loved ones to take the type 2 risk assessment quiz, see their GP and make healthy eating choices.





Assess your risk today

Type 2 has no single cause. Major risks include:

- Having a family history of diabetes.
- Being overweight or obese.
- Being over 55.
- Lack of exercise or a poor diet.
- Being over 35 with a Maori, Pacific Islander, Chinese, south-east Asian, Middle Eastern, Indian, Torres Strait Islander or Aboriginal background.

TRY THIS For an assessment of your own or a loved one's risk, check out the Department of Health's Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) on our Facebook page at facebook.com/australiandiabeticlivingmagazine



Check in with your GP

Do you fall into one or more of the major risk categories for type 2? If so, see your GP. They will check your blood pressure and weight, and may send you for an oral glucose tolerance test to measure the amount of glucose in your blood. Remember to follow up and discuss your results.



Shape up your plate

'At times it seems there is a complete fixation on what we should *not* be eating,' says Susie Burrell, who believes that eating well doesn't have to mean depriving yourself. 'Work towards eating controlled portions of wholegrain and low-GI carbs, coupled with lean dairy, meat and fish, as well as 3-4 serves of oils, seeds and nuts each day,' she says. 'This will not only help prevent the development of type 2, it will help manage it if you have been diagnosed.'

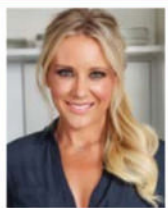
BIG ON SWEETNESS SMALL ON CALORIES



SEE YOU LATER SUGAR

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Susie's smart switches

Get started with these swaps from dietitian and Change4Life Ambassador Susie Burrell



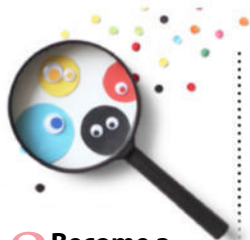
1 Watch out for hidden sugars:

While fresh fruit is healthy, it is also a concentrated source of sugar, so stick to just two pieces each day. Keep in mind that dried fruit contains a large amount of sugar – just 6-8 pieces can contain the same amount of the sweet stuff as two pieces of fresh fruit, so fresh is always best.



2 Go Greek!

Did you know that fruit yoghurt can contain as much as 30g or six teaspoons of sugar in a single tub? Swapping to plain Greek yoghurt will slash your sugar intake by 20g and it's rich in protein and calcium. Add fresh berries or a dash of cinnamon or vanilla for extra flavour.



3 Become a supermarket sleuth:

Low fat can often mean more sugars, so always check the labels on packaged foods. To help you achieve better carbohydrate and glucose management throughout the day, try to only buy foods that contain less than 20g of total carbohydrates per serve.



4 Don't fear fat: Good fat:

Good fats are part of a healthy diet so don't cut them out! Adding a tablespoon of olive oil or a quarter of an avocado to your salad at lunchtime has been shown to help keep you feeling full for longer and to regulate your kilojoule intake for the rest of the day.



5 Downsize your drinks:

Who doesn't love a latte or cappuccino? While there's nothing wrong with enjoying a cup of coffee, the sugars that are naturally found in milk can really add up. Consider switching to a three-quarter or piccolo coffee to save you up to five grams of sugar and 200kJ.

LOVE THE TASTE OF SUGAR...

...but want to avoid the kilojoules? Add Equal Spoonful to your next cup of tea or baked treat for a waist-friendly sweet fix. Get inspired to make the switch by checking out our delicious recipes featuring Equal Spoonful, from page 49. Visit equalchoice.com.au for more.

NEXT ISSUE...

Pick up the July/August issue of *DL* for advice from exercise physiologist and Change4Life Ambassador Dr Adam Fraser. He'll show you easy ways to get more movement into your day.



Want more great tips on getting ahead of type 2?

Like *DL*'s Facebook page at facebook.com/australiandiabeticlivingmagazine

Spoon for spoon

You can enjoy your favourite foods while still cutting back on sugar – it's easy when you swap to Equal

Make the swap to Equal and save hundreds of calories every day! You can substitute Equal for sugar in many of your favourite recipes:



Sweet
treats



Hot
beverages



Cold
beverages



Jams and
marinades



Savoury
meals



EQUAL SPOONFUL

- ✓ 1 teaspoon of Equal Spoonful (8 kJ) is equivalent in sweetness to 1 teaspoon of sugar (70 kJ).
- ✓ Can be used in baking and cooking.
- ✓ Equal Spoonful is based on a measured comparison rather than weight – spoon for spoon or cup for cup.



EQUAL NEXT

- ✓ Each 100 g pack contains 100 sachets.
- ✓ 1 sachet of Equal Next (15 kJ) is equivalent in sweetness to 2 teaspoons of sugar (140 kJ).
- ✓ With its convenient portion control, Equal Next provides a little extra sweetness to satisfy your craving!

VANILLA SLICE WITH PASSIONFRUIT GLAZE

Preparation time: 10 mins + 5 hours chilling time

Cooking time: 5 mins

Serves 18

Cooking oil spray, to grease
18 lattice biscuits
½ cup custard powder
4 cups skim milk
1 cup Equal Spoonful
2 Tbsp vanilla extract
2 Tbsp fresh passionfruit pulp
1 Tbsp cornflour
Extra 1 Tbsp Equal Spoonful

1. Grease a 20cm-square tin with cooking oil. Line base and sides with baking paper.
2. Line base of tin with 9 lattice biscuits in a single layer, leaving a 1 cm border. Set aside.
3. Put custard powder in a medium saucepan and whisk in milk in two batches until well combined and smooth. Cook over a medium heat, stirring constantly, for 5 minutes or until mixture is very thick. Remove from heat and stir in Equal Spoonful and vanilla extract.
4. Pour into prepared tin. Spread surface to smooth. Top with 9 lattice biscuits in a single layer, leaving a 1 cm border. Refrigerate for 5 hours or overnight or until set.
5. To make passionfruit glaze, put passion fruit pulp, cornflour and extra Equal Spoonful in a medium bowl and stir until combined. Cut slice into 9 squares, following biscuits as a guide then cut each square in half to form triangles. Drizzle with passionfruit glaze and serve.

PER SERVE:
Energy 364.9 kJ,
protein 3.2 g,
fat 2.7 g (sat. fat 2.3 g),
carbohydrate 12.4 g
(sugars 4.5 g),
sodium 72.2 mg

For the latest product news and recipes visit equalchoice.com.au

equal



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A gift for living



If you're aged 50-74 you'll be sent a free bowel cancer screening kit. The kit is simple to use and can detect bowel cancer before any symptoms appear. Around 80 Australians die of bowel cancer every week, but if detected early, up to 90% of cases can be successfully treated. So be sure to complete and return your kit. It's a gift that could save your life. If you're over 74 talk to your GP. By 2020 people aged 50-74 will receive a kit every two years.



Australian Government

australia.gov.au/bowelscreening

☎ 1800 11 88 68

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**NATIONAL
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SCREENING PROGRAM

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news • advice • research • products



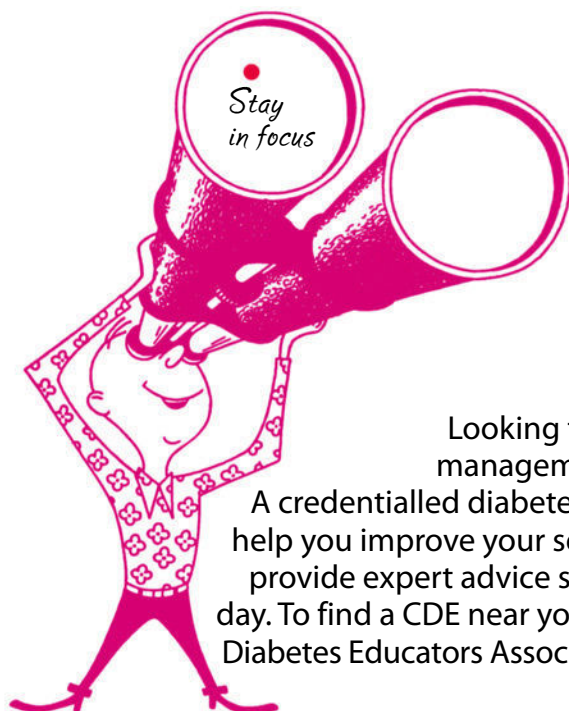
Soothe your skin

As the weather cools, it's more important than ever to keep your body hydrated. Hot baths and indoor heating can cause skin to dry out, which can lead to itching, cracking and infections. Show your skin some TLC by moisturising daily with NS-7 Dry Skin Moisturiser. Visit plunketts.com.au for more.

TRIED AND TESTED

Head off hypos

Treat hypos (low blood glucose levels) in a hurry with Nipro TRUEplus Fast-Acting Glucose. Available as a tablet, drink or gel, it's perfect to keep in your handbag, desk drawer or glove box. Visit truecare.niproaustralia.com.au



Need more help?

Looking to give your diabetes management a healthy boost?

A credentialed diabetes educator (CDE) can help you improve your self-management and provide expert advice so you stay well every day. To find a CDE near you, visit the Australian Diabetes Educators Association at adea.com.au

Ask DR LINJAWI



My husband has been sweating excessively since being diagnosed with type 2. Why is this happening?

A: There are four main things that could be causing this problem...

1 Hypoglycaemia: Low blood glucose levels (BGLs) encourage the release of stress hormones, which can make you sweat.

2 Autonomic neuropathy: Sometimes the nerves that control the sweat glands can be damaged. While most people who sweat excessively do so in common areas such as the armpits, a condition called diabetic gustatory sweating causes sweating on the face, neck or head. If you think you may have this condition, speak to your GP.

3 Other metabolic causes: People with diabetes are more likely to develop various metabolic disorders, which can cause excess sweating.

4 Excess kilos: If you are overweight, you are less able to cope with high temperatures and your body produces sweat to cool down. Losing weight should help. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

Moovin' on?

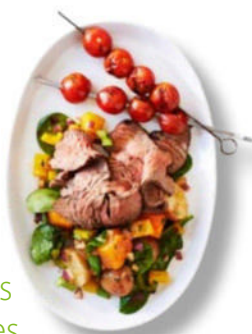
Health nuts

Thinking about switching from cow's to almond milk? Be careful, warns Dr Kate Marsh.

It may seem healthier, but almond milk is mostly water and most brands contain less than five per cent almonds. 'It also has much less protein than regular milk (0.3-0.7g per 100ml compared with about 4g per 100ml for low-fat cow's milk) and no calcium, though some brands add it,' she says. 'Many also add sugar, so if you do switch, go for unsweetened varieties with added calcium.'

455

The number of grams of lean red meat adults should limit themselves to each week, according to guidelines.



Fishing for supplements

Omega-3 fatty acids occur naturally in fish such as salmon, mackerel and herring. They are great for your heart and are thought to reduce joint tenderness caused by rheumatoid arthritis.

● **Hate the taste of fish?** Try an omega-3

supplement instead. NPS MedicineWise says there are few side effects associated with taking fish oil, however it can interact with some medications such as blood thinners, so always check first with your GP. Visit nps.org.au



Ask DR MARSH



I struggle to eat breakfast even though I know it can help my type 2. Any ideas for quick meals?

A: You are right that eating breakfast can benefit your diabetes. In fact, a recent meta-analysis of eight studies found breakfast skippers were 15-20 per cent more likely to develop type 2 compared with those who ate brekkie regularly.

Breakfast eaters are also less likely to be overweight, have better overall nutrient intakes and perform better at school and work. So try to make time every day for this important meal – it really doesn't have to be a chore. Getting up just 10 minutes earlier will give you time to enjoy what you're eating.

Quick and easy ideas

- Natural muesli with plain yoghurt and fresh or frozen berries.
- Toasted wholegrain fruit loaf spread with ricotta.
- Fresh fruit salad with yoghurt.
- Wholegrain toast with a small can of baked beans.
- A wholegrain cheese and tomato toasted sandwich. ➤

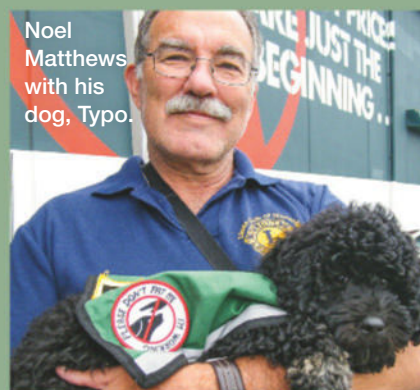
Dr Kate Marsh, advanced accredited practising dietitian and credentialed diabetes educator

Email your questions to:

diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Nutrition,
 GPO Box 7805, Sydney, NSW 2001.



Ethan
Beyer
and his
dog,
Baxter.



Noel
Matthews
with his
dog, Typo.

Lifesaver with paws

Whether you're living with diabetes yourself or caring for a loved one with diabetes, get peace of mind with a Paws for Diabetes alert dog!

Paws for Diabetes is a charitable non-profit organisation that provides help and support for people with diabetes with specially trained alert dogs, the latest tool in diabetes management.

Trained to respond when their handler's blood glucose level is falling, these special dogs give warning well in advance of an impending hypoglycaemic episode, allowing for prompt treatment. A hypoglycaemic attack left untreated can lead to coma and even death, so these dogs really are lifesavers!

Perfect for adults living with diabetes, or as a great support to parents caring for a child with diabetes, Paws for Diabetes dogs can provide immeasurable benefits including independence, confidence, companionship and peace of mind.

So how does it all work? Paws for Diabetes provides initial training and then, after a careful screening process, places the puppies in the homes of people living with diabetes. The owners then raise and continue training their new four-legged friend in their homes, with support from Paws for Diabetes.



*Paws for Diabetes Inc proudly
supported by Nipro Australia*

Four paws + one nose = lives saved

Paws for Diabetes Inc. is a charity run by dedicated volunteers.

Donations over \$2 are tax deductible and can be made through our website

www.pfd.org.au

Further enquiries can be made by emailing info@pfd.org.au or calling 0490 462 906

TOP TIP...

Get fit, stay safe

Are there any exercises that people living with type 1 and type 2 should avoid? No, says Christine Armarego. However, if you have diabetes-related complications, keep the following tips in mind:

IF YOU HAVE...

Retinopathy (damage to the retina) or nephropathy (kidney disease) avoid high-intensity exercises, such as heavy weights that put pressure on blood vessels.

IF YOU HAVE...

Peripheral neuropathy (nerve damage) be careful with activities that involve balance, such as cycling, dancing or jumping.

IF YOU HAVE...

Autonomic neuropathy (damage to nerves controlling bodily functions) take care with extended cardiovascular workouts and make sure you warm up and cool down.

2 The number of times a week adults aged 18-64 are advised to perform muscle-strengthening exercises such as lifting weights.



Walk off type 2

Are you or a loved one at risk of developing type 2? US research suggests that going for a 15-minute walk after every meal can reduce your type 2 risk – especially if you're in your 70s. Step to it!

It's a shoe-in!

Ask CHRISTINE



I've heard a lot about incidental exercise, but I'm not really sure what it is. Can it help me better manage my diabetes?

A: Incidental exercise is simply physical activity you do in the course of your day, such as walking or performing household tasks (vacuuming, washing). All today's labour-saving devices mean we do less physical activity than we used to. We also spend more time sitting: we drive to work, sit behind a desk, drive home and sit in front of the TV.

The more incidental exercise you do, the better your health, fitness and diabetes management. Studies have shown as little as 2-3 minutes of moderate-to-intense exercise every two hours can significantly improve blood glucose levels as it increases insulin sensitivity. Aim to walk 10,000 steps a day by using stairs instead of lifts, going and speak to people rather than sending emails and getting off the bus a stop earlier.

Remember, incidental exercise doesn't replace a structured workout. You still need to do exercise that gets your heart rate up, makes you sweat and builds muscle. ➤

Christine Armarego, accredited exercise physiologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Exercise, GPO Box 7805, Sydney, NSW 2001.



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HOW TO...

★ deal with sibling rivalry

DL psychologist Dr Janine Clarke reveals how to diffuse tension between kids with type 1 and their siblings

Sibling rivalry is normal, but when you add diabetes to the mix, the competition, jealousy and arguments that take place between brothers and sisters can take on a new dimension.

Siblings can often feel left out as parents understandably focus on the needs of their child with diabetes. Resentment and jealousy can also build as changes are made to daily routines to accommodate their diabetes management.

Children are less likely to talk about their feelings than they are to act them out. Feeling 'less special' than a child with diabetes can

increase misbehaviour and fights between siblings as children compete for the most valuable of rewards: parental attention.

The key to reducing tension between siblings is to make sure that all children feel loved, special and involved.

It's a good idea to schedule time alone with each of your children, encourage older kids to talk about their feelings and try to involve siblings constructively in diabetes management issues such as meal planning.

Reward your children when they play well together and, when disagreements arise, try to stay cool, calm and uninvolved.



No pain, all gain

Using a finer insulin delivery system, such as Novo Nordisk's NovoFine Plus 4mm needles, may reduce pain and lower the risk of injecting into muscle. For more information, visit novonordisk.com.au

Ask ELISSA



My son has had type 1 for the past two years and has recently become noncompliant with all things to do with his diabetes. How can I get him back on track?

A: First, try talking to him about what's making him feel this way. When my three boys were diagnosed they just wanted to feel like regular children without diabetes. They didn't want to have injections and sometimes wouldn't eat at the right times. This sent their blood glucose levels high or low, which affected their energy levels and moods.

Let your son know other kids are going through the same thing. Ask if he would like to go on a diabetes camp to meet kids like him. (For more info on camps, turn to page 118.)

I also made a reward chart for my kids and we placed a sticker if they tested, injected and ate correctly. After a number of stickers they got a small prize. You'll find a small reward will go a long way in motivating your son to take control of his diabetes! ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



Email your questions to:

diabeticliving@pacificmags.com.au

Post: Diabetic Living, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.



Every olive matters.



Time for a change of heart?

A Mediterranean style diet is great for heart health and the humble olive, filled with the healthy mono-unsaturated fats, is central to this diet.

At Cobram Estate we crush our fruit within hours of picking. The result is a fresher, healthier extra virgin olive oil, packed with heart-healthy goodness, and perfect for frying, baking, barbecuing, or simply drizzling on its own, every day.

Transform yourself from the inside out, with delicious ideas from cobramestate.com.au



How
our food
works
for you
see page 90

**nutrition
info**

PER SERVE 1661kJ,
protein 30g, fat 14.9g
(sat. fat 4.5g),
carbs 30g, fibre 13g,
sodium 508mg.
• Carb exchanges 2.
• GI estimate low.
• Gluten-free option.

**Eggplant
parmigiana**

This easy, cheesy bake
is the veal deal.
see recipe, page 34 >>

nutrition info

PER SERVE 1853kJ,
protein 26g, fat 14.5g
(sat. fat 2.3g),
carbs 45g, fibre 12g,
sodium 491mg.

- Carb exchanges 3.
- GI estimate low.
- Gluten-free option.

Spaghetti with
tuna, roasted
tomato and lemon
Take a twirl and reel them in
with this fish-ilicious fave.
see recipe, page 34 >>

on the
cover

Bellissimo! **Flavours of Italy**

Get a little saucy with one of the world's favourite cuisines
– from *perfect pasta to parmigiana*, la dolce vita starts here!

• GOOD for YOU

DL food editor Alison Roberts used Cobram Estate Australian Extra Virgin Olive Oil to create these delicious dishes. EVOO contains monounsaturated fats and, unlike regular olive oil, retains more antioxidants, which is good news for heart health. And it tastes great!

Caponata

This traditional Sicilian eggplant stew is full of beans. *see recipe, page 36 >>*

nutrition info

PER SERVE 1657kJ,
protein 17g, fat 11.5g
(sat. fat 1.7g),
carbs 44g, fibre 20g,
sodium 495mg.
• Carb exchanges 3.
• GI estimate low.
• Gluten-free option.

FOOD mains

nutrition info

PER SERVE 1694kJ,
protein 32g, fat 10.6g
(sat. fat 4.8g),
carbs 39g, fibre 10g,
sodium 346mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten free.

gluten free

**Veal with creamy
Marsala and
caper sauce**
Just a splash is enough to
take meat and mash from
dull to divine!
see recipe, page 36 >>



Eggplant parmigiana

PREPARATION TIME: 15 MINS

COOKING TIME: 55 MINS

SERVES 2 (AS A MAIN)

2 small eggplant, stalks attached,
halved lengthways
Olive oil cooking spray
2 tsp extra virgin olive oil
1 small brown onion,
finely chopped
2 cloves garlic, finely chopped
150g veal mince
1 tsp dried Italian herbs
250ml (1 cup) Val Verde Passata
40g finely chopped mozzarella
2 Tbsp dried wholegrain
breadcrumbs or gluten-free
breadcrumbs
50g (2 cups) mixed salad leaves,
to serve

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper. Arrange eggplant, cut-side up, on prepared tray. Spray with cooking spray. Bake for 10-15 minutes or until eggplant is tender. Set aside for 10 minutes to cool slightly.

2 Using a teaspoon, scoop the flesh from each eggplant half, leaving a 0.5cm border and ensuring the skin remains intact. Finely chop the flesh and set aside. Heat oil in a medium saucepan over a medium heat. Add onion and garlic. Cook, stirring often, for 6-7 minutes or until onion softens. Increase heat to high and add mince. Cook, stirring, for 2 minutes or until mince changes colour. Add eggplant flesh, herbs and passata. Cover and bring to a simmer.

Reduce heat to medium-low and cook, covered, for 10 minutes.

3 Divide mince mixture between eggplant halves. Sprinkle over mozzarella and breadcrumbs. Bake for 20 minutes or until cheese melts and tops are golden brown. Divide between serving plates and serve with salad leaves.



Spaghetti with tuna, roasted tomato and lemon

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

2 x 250g punnets cherry tomatoes
2 zucchini, chopped
Olive oil cooking spray
100g dried spaghetti or
gluten-free spaghetti
3 tsp extra virgin olive oil
2 cloves garlic, crushed
8 kalamata olives, pitted,
halved or quartered
Zest and freshly squeezed juice
of 1 lemon
1 cup flat-leaf parsley leaves
Freshly ground black pepper,
to season
185g can tuna in springwater,
drained, flaked into large pieces

1 Preheat oven to 190°C (fan-forced). Line a large roasting pan with baking paper. Arrange tomatoes and zucchini in prepared pan. Spray with cooking spray. Roast for 15-20 minutes or until tomato skin starts to split and zucchini is tender.

2 Meanwhile, cook pasta in a medium saucepan of boiling ➤

nutrition info

PER SERVE 1921kJ,
protein 37g, fat 11.2g
(sat. fat 4.8g),
carbs 47g, fibre 8g,
sodium 476mg.

- Carb exchanges 3.
- GI estimate low.
- Gluten-free option.



Chicken and mushroom lasagne

Dig deep to reap the rewards – there's layer upon layer of tastebud temptation.

see recipe, page 37 >>

water, following pack instructions or until al dente. Drain well and set aside, reserving 2 Tbsp of the cooking liquid.

3 Heat oil in a large non-stick frying pan over a medium-high heat. Add garlic and olives. Cook, stirring, for 20 seconds. Add drained pasta, reserved cooking liquid, tomatoes, zucchini, lemon zest and juice, parsley and pepper. Toss gently to warm through. Add tuna and toss to combine.

4 Divide pasta between shallow serving bowls. Serve warm or at room temperature.



Caponata

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

1 Tbsp extra virgin olive oil
200g Carisma potatoes, unpeeled, cut into 1.5cm cubes
1 eggplant, cut into 1.5cm cubes
½ red onion, cut into thin wedges
2 cloves garlic, crushed
300g tomatoes, finely chopped
1 small red capsicum, sliced
60ml (¼ cup) salt-reduced vegetable stock or gluten-free stock
1 large zucchini, chopped
400g can cannellini beans, rinsed and drained
Freshly ground black pepper, to season
Small basil leaves, to serve

1 Heat oil in a large non-stick frying pan over a medium-high heat. Add potato, eggplant, onion and garlic. Cook, stirring often, for 5 minutes. Add tomato, capsicum and stock. Cover and bring to a simmer over a high heat. Reduce heat to low and cook, covered, for 15 minutes.

2 Stir in zucchini. Cook, covered, for 10 minutes or until potato and zucchini are tender. Add beans and cook for 3-4 minutes. Remove from heat and season with pepper. Set aside to cool slightly. Sprinkle over basil just before serving warm or at room temperature.



Veal with creamy Marsala and caper sauce

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

1 tsp extra virgin olive oil
2 x 100g veal leg steaks, pounded until thin, halved
1 clove garlic, crushed
60ml (¼ cup) light thickened cream
60ml (¼ cup) salt-reduced chicken stock or gluten-free stock
2 Tbsp Marsala fortified wine
1 Tbsp drained capers, finely chopped
Zest and freshly squeezed juice of ½ a lemon
1 Tbsp chopped flat-leaf parsley
600g orange sweet potato, peeled, steamed, mashed, to serve
1 bunch broccolini, steamed, to serve
Extra flat-leaf parsley leaves, to serve
Extra lemon zest, to serve (optional)

1 Heat oil in a medium non-stick frying pan over a high heat. Add veal and cook for 1 minute on each side or until just cooked through. Transfer to a plate, cover loosely with foil and set aside.

2 Reheat pan over a medium heat. Add garlic and cook, stirring, for 1 minute. Add cream, stock, wine, caper and lemon juice. Stir well. Cook for 3 minutes or until sauce reduces and thickens. Stir in lemon zest and parsley. Return veal to pan. Turn several times to coat in sauce and warm through.

3 Divide sweet potato mash and broccolini between serving plates. Add veal, sprinkle over extra parsley leaves and lemon zest, if using, and serve.



Chicken and mushroom lasagne

PREPARATION TIME: 20 MINS

COOKING TIME: 1 HOUR 25 MINS

SERVES 6 (AS A MAIN)

Cooking spray

2 Tbsp wholemeal plain flour
or gluten-free flour

500ml (2 cups) skim milk

100g fresh low-fat ricotta

35g (½ cup) finely grated parmesan

8 fresh lasagne sheets or

gluten-free lasagne sheets

100g bocconcini, sliced or torn

Mixed salad leaves, to serve

Chicken sauce

1 tsp extra virgin olive oil

1 brown onion, finely chopped

250g mushrooms, thinly sliced

2 cloves garlic, crushed

500g chicken breast mince

700g jar Val Verde Passata

125ml (½ cup) water

½ bunch thyme, leaves picked

1 To make the chicken sauce, heat oil in a large non-stick frying pan over a medium heat. Add onion, mushroom and garlic. Cook, stirring often, for 6-7 minutes or until mushroom softens. Add mince and increase heat to high. Cook, stirring often, for 2-3 minutes or until mince changes colour. Add passata, water and half the thyme. Cover and bring to the boil over a high heat. Reduce heat to medium and simmer, uncovered, for 20 minutes or until sauce reduces and thickens.

2 Meanwhile, preheat oven to 170°C (fan-forced). Spray a 2L (8-cup) ovenproof dish with cooking spray. Put flour in a small saucepan and gradually whisk in milk. Cook, stirring, over a medium heat until sauce thickens and comes to a simmer. Cook for 2 minutes. Remove pan from heat. Whisk in ricotta and parmesan.

3 Spoon half the white sauce over the base of the prepared dish. Top with 2 pasta sheets. Top with a third of the chicken sauce followed by another 2 pasta sheets. Repeat with remaining chicken sauce and pasta sheets to make 2 more layers. Spread over remaining white sauce. Sprinkle over bocconcini. Bake for 45-50 minutes or until lasagne is tender when tested with a knife and the top is light golden. Set aside for 10 minutes to cool slightly. Sprinkle with remaining thyme and serve with salad leaves. ■



From the *heart*

Food editor and mum-of-three **Alison Roberts** shares her perfect Mother's Day menu – from starter to dessert, it's simply irresistible





Salmon and pumpernickel bites
Round up the kids to help spread the joy. Easy? It's child's play!
see recipe, page 40 >>

How
our food
works
for you
see page 90

**nutrition
info**

Left: **PER SERVE** 672kJ,
protein 8.3g, **total fat** 7.2g
(sat. fat 3.1g), **carbs** 13g,
fibre 3.9g, **sodium** 302mg.
• Carb exchanges 1.
• GI estimate low.

Below: **PER SERVE** 479kJ,
protein 1.5g, **total fat** 0.3g
(sat. fat 0.1g), **carbs** 7g,
fibre 4g, **sodium** 76mg.
• Carb exchanges ½.
• GI estimate low.
• **Gluten free.**
About 1 standard drink.

Mums deserve to feel treasured, which is why Alison Roberts chose to celebrate with smoked salmon and bubbles – luxurious treats that she and her own mother love. 'This menu feels special but it's easy,' says Alison, pictured with her children Erin, 15, Jade, 10, and Noah, seven.

'Mother's Day starts with the kids bringing me breakfast in bed. Then we meet my parents and the rest of the family for a picnic. It's relaxed and, best of all, I get to spend it with Mum.'



Elderflower and blackberry bubbles
Get a little kick from this blushing beauty – it'll be a sparkling success!
see recipe, page 40 >>

gluten free



Salmon and pumpernickel bites

PREPARATION TIME: 10 MINS

COOKING TIME: NIL

SERVES 4 (AS A STARTER)

16 pumpernickel cocktail rounds
(see Cook's Tip)

90g pkt Tassal Salt Reduced
Tasmanian Smoked Salmon,
carefully torn into 16 pieces
Dill sprigs, to serve

Herbed cream cheese

3 Tbsp light spreadable
cream cheese
1 Tbsp finely chopped chives
1 Tbsp finely chopped dill
2 tsp freshly squeezed lemon juice
Freshly ground black pepper,
to season

1 To make herbed cream cheese, combine all ingredients in a small bowl. Cover with plastic wrap and refrigerate until required.

2 Spread pumpernickel rounds with herbed cream cheese. Top with smoked salmon and dill sprigs. Serve.

COOK'S TIP

The pumpernickel rounds are available from selected greengrocers and delicatessens. If you can't find them, buy slices of pumpernickel bread and use a small cutter to make the rounds.



Elderflower and blackberry bubbles

PREPARATION TIME: 10 MINS

COOKING TIME: NIL

SERVES 4 (AS A DRINK)

1 bottle (750ml) Yellowglen
Yellow 65 sparkling wine, chilled
500ml (2 cups) chilled soda water
2 Tbsp elderflower cordial
2 cups ice cubes
200g (1½ cups) frozen blackberries
1 cup small mint leaves or larger
mint leaves, torn

1 Pour sparkling wine into a serving jug and let the bubbles subside. Add soda water and cordial. Stir gently.

2 Add ice cubes, blackberries and mint to the jug. Stir to combine. Serve.



FRUITY WATER

Give table water a hint of flavour and colour by adding slices of fresh oranges and limes, a handful of mint leaves and lots of ice cubes.



Leek, prosciutto and goat's cheese crostata

PREPARATION TIME: 20 MINS

PLUS 20 MINS COOLING

COOKING TIME: 1 HOUR 20 MINS

SERVES 4 (AS A MAIN, WITH SALAD)

2 leeks, trimmed, cut into thirds
crossways, then halved lengthways
Olive oil cooking spray
½ Massel Ultracube Salt Reduced
Vegetable Stock Cube
250ml (1 cup) boiling water
1 sheet 25% reduced-fat shortcrust
pastry or gluten-free pastry, thawed
1 Tbsp basil pesto
2 large zucchini, cut into thin rounds
30g prosciutto, cut into short strips
20g goat's cheese, crumbled

1 Preheat oven to 180°C (fan-forced). Line an ovenproof dish with baking paper. Put leek in prepared dish and spray with cooking spray. Mix stock cube and water. Pour over leek. Cover with foil and cook for 40-50 minutes or until leek is very soft. Set aside to cool for 20 minutes.

2 Increase oven to 210°C (fan-forced). Cut a piece of baking paper to fit a large square oven tray. Put paper on benchtop and transfer pastry to paper. Roll out pastry slightly. Put paper and pastry on tray.

3 Spread 3 tsp of the pesto over pastry, leaving a 3cm border. Spread leek over pesto. Top with zucchini. Fold in pastry edges and brush with remaining pesto. Spray with cooking spray. Bake for 15 minutes.

4 Top with prosciutto and cheese. Bake for a further 10-15 minutes, until base is crisp. Set aside for 10 minutes. Serve with Radicchio, cucumber, mint and orange salad. ➤

Spoil Mum with flowers,
fizz and a lunch she'll love! xox



Leek, prosciutto and
goat's cheese crostata
Perfetto pastry is the base for
a lovely lunch, Italian style!
see recipe, opposite page

nutrition info

Left: PER SERVE 1333kJ,
protein 10g, total fat 16.5g
(sat. fat 5.7g), carbs 30g,
fibre 5g, sodium 606mg.
• Carb exchanges 2.
• GI estimate low.
• Gluten-free option.

Below: PER SERVE 240kJ,
protein 2g, total fat 1.6g
(sat. fat 0.2g), carbs 7g,
fibre 4g, sodium 56mg.
• Carb exchanges ½.
• GI estimate low.
• Gluten-free option.



Radicchio, cucumber,
mint and orange salad
Curls and twirls of autumn
hues... it's an edible work of art.
see recipe, page 42 >>



Radicchio, cucumber, mint and orange salad

PREPARATION TIME: 10 MINS

COOKING TIME: NIL

SERVES 4 (AS PART OF A MAIN)

- ½ baby cos lettuce, washed, dried, torn into pieces
- 1 cucumber, peeled into ribbons
- ½ radicchio lettuce, washed, dried, torn into pieces
- ½ red onion, cut into very thin slivers
- 1 orange, segments removed (see Cook's Tip, below)
- 1 cup mint leaves

Dressing

Freshly squeezed juice of

½ orange

1 tsp extra virgin olive oil

1 tsp wholegrain mustard or gluten-free mustard

Freshly ground black pepper, to season

1 To make dressing, whisk all ingredients together in a small bowl. Set aside.

2 Put cos, cucumber, radicchio, onion, orange and mint in a large bowl and toss to combine. Add dressing and toss to coat. Transfer to a shallow serving dish or platter. Serve with Leek, prosciutto and goat's cheese crostata.

COOK'S TIP

To segment the orange, cut off the ends so that it sits flat. Using a small, sharp knife, remove the skin and the white pith, being

careful not to cut into the flesh. Holding the orange over a bowl to catch any juices, cut down either side of the white membrane, then push gently so the segments slip out. Squeeze the remaining orange to extract the juice. You can then use the juice in the dressing, if you like.



Blueberry, vanilla and lemon cheesecakes

PREPARATION TIME: 15 MINS

PLUS 6 HOURS SETTING

COOKING TIME: 5 MINS

SERVES 4 (AS A DESSERT)

3 Tbsp water

2¼ tsp powdered gelatine

60g extra-light cream cheese

60g light cream cheese

130g (½ cup) low-fat plain yoghurt

60g (¼ cup) caster sugar

1 tsp vanilla extract

Zest of ½ lemon

1 Tbsp freshly squeezed lemon juice

1 eggwhite, at room temperature

120g (¾ cup) frozen blueberries, thawed, juices reserved

Fresh blueberries, to serve (optional)

Extra lemon zest, to serve (optional)

1 Put 2 Tbsp of the water in a small heatproof bowl and sprinkle over 2 tsp of the gelatine. Stir well. Set aside for 5 minutes to allow gelatine to absorb water.

Transfer to microwave and cook on high/100% for 20 seconds or until gelatine dissolves. Set aside for 10 minutes to cool slightly.

2 Meanwhile, line the bases of 4 x 250ml (1 cup) metal moulds or ramekins with rounds of baking paper. Using electric beaters, whisk cream cheeses, yoghurt, sugar and vanilla in a large bowl until smooth. Stir in lemon zest and juice.

3 Using clean electric beaters, whisk eggwhite in a small bowl until soft peaks form. Add to cream cheese mixture and fold in until just combined. Divide mixture between prepared moulds. Refrigerate while preparing the blueberry puree.

4 Put blueberries in a small food processor. Cover and process until smooth. Push blueberries through a fine sieve, discarding solids. Put remaining water in a small heatproof bowl. Sprinkle over remaining gelatine. Stir well. Set aside for 5 minutes. Transfer to microwave and cook on high/100% for 10-20 seconds or until gelatine dissolves. Set aside for 5 minutes to cool slightly. Stir into blueberry puree.

5 Divide blueberry mixture between moulds. Using the back of a spoon or a skewer, swirl puree through cheesecake mixture. Transfer to a tray and refrigerate for 6 hours or until set.

6 To serve, run a warm cloth around the sides of 1 mould. Use a knife to loosen cheesecake. Turn cheesecake out onto a plate and then carefully turn back the right way onto a serving plate. Repeat with remaining cheesecakes. Top with fresh blueberries and extra lemon zest, if using. Serve. ■

nutrition info

PER SERVE 664kJ,
protein 8g, total fat
4.6g (sat. fat 2.9g),
carbs 21g, fibre 1g,
sodium 302mg.

- Carb exchanges 1½.
- GI estimate medium.
- Gluten free.



Blueberry, vanilla and lemon cheesecakes

Finish in style with these berry
nice cakes (they can even be
made the day before).

see recipe, opposite page

gluten free



How
our food
works
for you

see page 90

**nutrition
info**

PER SERVE (with sugar)
725kJ, protein 5g,
total fat 5.4g
(sat. fat 1.3g),
carbs 25g, fibre 2g,
sodium 133mg.
• Carb exchanges 1½.
• GI estimate medium.

PER SERVE (with
sugar substitute) 530kJ,
protein 5g, total fat
5.4g (sat. fat 1.3g),
carbs 13g, fibre 2g,
sodium 133mg.
• Carb exchanges ¾.
• GI estimate low.

**Lemon delicious
pudding**

When the weather cools, let
the sunshine in with this
mellow yellow classic.
see recipe, page 49 >>



MAGIC *puddings*

These baking beauties just keep on giving. They ***rise to the occasion*** every time!



Whole orange and
almond syrup cake
The appeal of this dessert
lies in the fruit peel – it's
a zesty citrus sensation.
see recipe, page 49 >>

nutrition info

PER SERVE 854kJ,
protein 5g, total fat
6.1g (sat. fat 0.6g),
carbs 31g, fibre 3g,
sodium 110mg.
• Carb exchanges 2.
• GI estimate medium.

Doubly delicious mini
mud cakes ***FOR TWO...***
Don't mind if we do!

40-second
microwave
chocolate brownie
puddings
Round off your meal with
a cup of cocoa you can eat!
see recipe, page 50 >>

nutrition info

PER SERVE 561kJ,
protein 3g, total fat
4.7g (sat. fat 1.5g),
carbs 19g, fibre 3.2g,
sodium 114mg.
• Carb exchanges 1½.
• GI estimate medium.
• Gluten-free option.

nutrition info

PER SERVE (with sugar)
636kJ, **protein** 3g,
total fat 4.6g (sat. fat
1g), **carbs** 23g, **fibre** 3g,
sodium 155mg.

- Carb exchanges 1½.
- GI estimate medium.

PER SERVE (with
sugar substitute) 546kJ,
protein 3g, **total fat**
4.6g (sat. fat 1g),
carbs 17g, **fibre** 3g,
sodium 155mg.

- Carb exchanges 1.
- GI estimate low.



**Microwave
strawberry and
vanilla pudding**
Give this saucy little
number a red-hot go. It
cooks in just 10 minutes!
see recipe, page 50 >>

lower carb

Banana, pecan and
maple puddings
You'd be nuts to skip this triple
treat – it's ready in a flash.
see recipe, page 51 >>

nutrition info
PER SERVE 617kJ,
protein 3g, total fat
7.8g (sat. fat 1.2g),
carbs 13g, fibre 2g,
sodium 132mg.
• Carb exchanges $\frac{3}{4}$.
• GI estimate medium.



Lemon delicious pudding

PREPARATION TIME: 10 MINS

COOKING TIME: 50 MINS

SERVES 8 (AS AN

OCCASIONAL DESSERT)

Cooking spray

50g light margarine

110g (½ cup) caster sugar or

Equal Spoonful

¼ cup Equal Spoonful

3 x 50g eggs, separated

120g tub unsweetened apple puree

Finely grated zest of 1 lemon

Freshly squeezed juice of 2 lemons

75g (½ cup) wholemeal

self-raising flour

375ml (1½ cups) skim milk

Icing sugar, to serve (optional)

1 Preheat oven to 160°C (fan-forced). Spray a 1.5L (6 cup) oval ovenproof dish with cooking spray. Using electric beaters, beat margarine, sugar and Equal Spoonful in a large bowl until combined. Add egg yolks, apple puree and lemon zest. Beat until well combined. Using a wooden spoon, stir in lemon juice and flour. Whisk in milk.

2 Using clean electric beaters, whisk eggwhites in a medium bowl until soft peaks form. Add a spoonful of eggwhite to the lemon mixture and stir until well combined. Add remaining eggwhite and fold in until just combined. Pour mixture into prepared dish. Sit dish in a large roasting pan.

3 Transfer to the middle shelf of the oven and carefully pour hot

water into pan, until water comes at least halfway up the sides of the dish. Bake for 45-50 minutes or until light golden and a skewer inserted into the top comes out clean. Dust with icing sugar, if using, and serve.

COOK'S TIP

For a citrus twist, make a Lime and lemon delicious pudding by replacing half the lemon zest and juice with lime.



Whole orange and almond syrup cake

PREPARATION TIME: 15 MINS

COOKING TIME: 2 HOURS 45 MINS

SERVES 12 (AS AN

OCCASIONAL DESSERT)

2 small oranges, scrubbed

Cooking spray

4 x 50g eggs

220g (1 cup) caster sugar

100g (1 cup) almond meal

1 tsp vanilla extract

80g (½ cup) wholemeal

self-raising flour

75g (½ cup) self-raising flour

Orange syrup

Freshly squeezed juice and zest of 1 orange

125ml (½ cup) water

½ cup Equal Spoonful

Extra orange zest, to serve (optional)

1 Put oranges in a medium saucepan and cover with water. Cover and bring to the boil over a high heat. Reduce heat to medium and cook, partially

covered, for 2 hours or until oranges are very soft. Drain and set aside to cool completely (this can be done the day before you make the cake).

2 Preheat oven to 160°C (fan-forced). Spray a round 23cm (base measurement) 7cm deep cake tin with cooking spray. Line base and sides with baking paper. Put oranges in a blender or small food processor. Cover and blend until smooth. Transfer to a bowl. Set aside.

3 Using an electric mixer, whisk eggs and sugar in a large bowl on medium-high for 8-10 minutes or until mixture is thick and pale. Using a large metal spoon, stir in almond meal and vanilla. Add orange puree and mix until just combined. Add flours and fold in until just combined.

4 Spoon mixture into prepared tin and smooth the surface with the back of a spoon. Bake for 45 minutes or until a skewer inserted into the centre of the cake comes out clean. Set aside in the tin for 10 minutes to cool slightly.

5 Meanwhile, to make the orange syrup, put orange juice and zest, water and Equal Spoonful in a small saucepan. Cook, stirring, over a low heat until sweetener dissolves. Increase heat to medium and bring mixture to a simmer. Cook, stirring occasionally, for 7-8 minutes or until mixture reduces by about half.

6 Turn out cake onto a wire rack with a tray underneath. Using a fine skewer, poke holes all over cake. Using a pastry brush, brush orange syrup over top and sides of cake. Set aside for 10 minutes to allow some of the syrup to be absorbed. Sprinkle with extra orange zest, if using, and serve.

COOK'S TIP

This will keep for up to a week in an airtight container in the fridge. ➤



40-second microwave chocolate brownie puddings

PREPARATION TIME: 5 MINS

COOKING TIME: 5 MINS

SERVES 2 (AS A DESSERT)

Cooking spray

2 Tbsp cocoa powder or
gluten-free cocoa powder

1 Tbsp caster sugar

1 Tbsp Equal Spoonful

10g light margarine

2 Tbsp boiling water

1 Tbsp skim milk

2 Tbsp wholemeal self-raising flour
or gluten-free self-raising flour

Extra cocoa powder, to serve
(optional)

1 Spray 2 x 125ml (½ cup)
microwave ramekins or teacups
with cooking spray. Put cocoa
powder, caster sugar, Equal
Spoonful and margarine in
a small heatproof bowl. Add
boiling water and mix until well
combined and margarine is
melted. Stir in milk and flour.

2 Divide mixture between
prepared ramekins. Cook on
high/100% for 40 seconds or until
just cooked. Dust with cocoa
powder, if using, and serve.



Microwave strawberry and vanilla pudding

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 6 (AS A DESSERT)

Cooking spray

40g light margarine, melted

40g (¼ cup) caster sugar or
granulated sugar substitute

1 tsp vanilla essence

3 Tbsp unsweetened apple puree

50g egg

1 Tbsp skim milk

55g (⅓ cup) wholemeal
self-raising flour

50g (⅓ cup) self-raising flour

Extra strawberries, to serve (optional)

Strawberry puree

250g punnet strawberries,
hulled and chopped

¼ cup Equal Spoonful

1 Tbsp freshly squeezed
lemon juice

1 To make the strawberry puree,
put strawberry, Equal Spoonful
and lemon juice in a medium
microwave bowl. Cook,
uncovered, on high/100%
for 4 minutes. Mash strawberry,
then transfer mixture to a sieve
over a medium bowl. Use a spoon
to press juice from strawberry.
Set juice and puree aside.

2 Spray a small (750ml/3 cup)
12.5cm (base measurement)
7cm deep microwave bowl
with cooking spray. Line base

with baking paper. Using a wooden spoon, beat margarine, sugar and vanilla in a medium bowl until smooth. Add apple puree, egg and milk. Mix until well combined. Add flours and mix until well combined.

3 Spread strawberry puree over the base of the prepared bowl. Cover with batter and spread out with the back of a spoon. Cook on medium-high/70% for 3½-4 minutes or until a skewer inserted into the centre comes out clean. Set aside for 3 minutes.

4 Turn out pudding onto a serving plate and remove baking paper. Drizzle reserved strawberry juice over pudding. Serve warm with extra strawberries, if using.

COOK'S TIP

Add another layer of flavour by using unsweetened apple and strawberry puree instead of plain apple puree.



Banana, pecan and maple puddings

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 4 (AS A DESSERT)

Cooking spray

1 Tbsp dark brown sugar

20g light margarine

1 small ripe banana, mashed until smooth

50g egg, lightly whisked

3 Tbsp Queen Maple Flavoured Syrup (sugar free)

40g (¼ cup) wholemeal self-raising flour

¼ tsp ground cinnamon

20g pecans, chopped

1 Preheat oven to 170°C (fan-forced). Spray 4 x 125ml (½ cup) ovenproof ramekins with cooking spray. Line bases with rounds of baking paper. Arrange on a small oven tray.

2 Using a wooden spoon, beat sugar and margarine together in a small bowl. Add banana, egg and 2 Tbsp of the maple syrup. Mix until well combined. Add flour and cinnamon and mix to combine.

3 Divide mixture between prepared ramekins and spread out with the back of a spoon. Bake for 15 minutes or until a skewer inserted into the centre of puddings comes out clean.

4 Turn out puddings onto serving plates and remove baking paper. Drizzle with remaining maple syrup and sprinkle with pecan. Serve.

COOK'S TIP

You can use mixed spice instead of cinnamon, and walnuts or macadamias instead of pecans. ■

*Chocolate,
spice and
everything
nice will
ensure you
wrap up
your meal
IN STYLE!*

FOOD *single serves*

How
our food
works
for you
see page 90

nutrition info

PER SERVE 1696kJ,
protein 23g, total fat
9.9g (sat. fat 2.9g),
carbs 49g, fibre 12g,
sodium 737mg.
• Carb exchanges 2½.
• GI estimate low.
• Gluten-free option.

Lentil and veggie
soup with
parmesan toast
Keep your finger on the
pulse with a hearty
one-pot wonder.

*see recipe,
page 56 >>*

• GOOD for YOU

It's the International Year of Pulses so there's no better time than now to tuck into lentils! These nutty-tasting little powerhouses have been eaten since Neolithic times and are full of protein and fibre. They're also low GI so won't spike your blood glucose levels (BGLs).

Cooking for one

Dine in style every night with our
quick and easy, fuss-free meals

nutrition info

PER SERVE 1860kJ,
protein 38g, total fat
7.8g (sat. fat 2g),
carbs 50g, fibre 11g,
sodium 627mg.

- Carb exchanges 3½.
- GI estimate low.
- Gluten-free option.

Curried prawns and rice

Loads of vegies add colour
to this saucy favourite – it's
a crustacean sensation!

see recipe, page 56 >>

nutrition info

PER SERVE 1851kJ,
protein 38g, total fat
14.9g (sat. fat 3.4g),
carbs 33g, fibre 11g,
sodium 618mg.
• Carb exchanges 2¼.
• GI estimate low.

**Teriyaki beef and
cashew stir-fry**
Try our clever shortcuts
for a taste of Asia in a flash.
see recipe, page 56 >>

nutrition info

PER SERVE 2058kJ,
protein 49g, total fat
8.8g (sat. fat 3.1g),
carbs 48g, fibre 9g,
sodium 465mg.

- Carb exchanges 3¼.
- GI estimate low.
- Gluten-free option.

**Chicken, corn and
broccoli pasta bake**

A dish with a twist – and
the cheesy crust is tops!

see recipe, page 57 >>



Lentil and veggie soup with parmesan toast

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

1 tsp extra virgin olive oil
 ½ x 400g bag Woolworths Select Ready To... Cook Veggie Mix
 1 tomato, chopped
 ½ x 420g can no-added-salt lentils, rinsed and drained
 1 tsp Massel Salt Reduced Chicken Style Stock Powder
 375ml (1½ cups) boiling water
 Freshly ground black pepper, to season
 20g slice sourdough or gluten-free bread
 10g finely grated parmesan
 Chopped flat-leaf parsley, to serve

1 Heat oil in a medium saucepan over a medium heat. Add vegetable mix and cook, stirring, for 2 minutes. Add tomato, lentils and combined stock powder and water. Cover and bring to a simmer.

2 Remove lid and cook for 5-10 minutes or until vegetables are tender. Remove pan from heat and season with pepper.

3 Meanwhile, preheat a grill on medium. Put bread on a small oven tray and sprinkle with parmesan. Transfer to grill and cook for 2-3 minutes or until cheese melts and bread is golden brown.

4 Transfer soup to a shallow serving bowl. Sprinkle with parsley and serve with parmesan toast.

COOK'S TIP

The vegetable mix used here is made up of leek, carrot, swede and celery. If you can't find it in the supermarket, simply chop up and use whatever vegies you have in your fridge.



Curried prawns and rice

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

1 tsp olive oil
 ½ brown onion, finely chopped
 2 tsp wholemeal plain flour or gluten-free flour
 ¾ tsp curry powder or gluten-free curry powder
 125ml (½ cup) low-fat milk
 60ml (¼ cup) water
 1 Tbsp salt-reduced tomato sauce
 1 tsp brown sugar
 125g frozen peeled green Australian prawns
 ½ red capsicum, finely chopped
 50g green beans, trimmed, thinly sliced
 1 small carrot, peeled, finely chopped
 50g (½ cup) SunRice Low GI Steamed White Rice
 Coriander leaves, to serve (optional)

1 Heat half the oil in a small saucepan over a medium heat. Add onion and cook, stirring occasionally, for 5-6 minutes or until onion softens. Add flour and curry powder and cook, stirring, for 1 minute. Remove pan from

the heat and stir in milk and water. Stir in tomato sauce and sugar. Return pan to heat and cook, stirring, over a medium heat for 2-3 minutes or until the sauce thickens. Add prawns and cook, stirring occasionally, for 2-3 minutes or until just cooked through.

2 Meanwhile, heat remaining oil in a small non-stick frying pan over a medium heat. Add capsicum, bean and carrot. Cook, stirring occasionally, for 4-5 minutes or until vegetables begin to soften. Add rice and cook, stirring, for 1-2 minutes or until heated through.

3 Transfer rice mixture to a shallow serving bowl. Spoon over prawns and sauce. Top with coriander, if using, and serve.

COOK'S TIP

You can turn this into curried chicken by simply replacing the prawns with 125g skinless chicken breast fillet, trimmed of fat, thinly diagonally sliced.



Teriyaki beef and cashew stir-fry

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A MAIN)

½ pkt Maggi 99% Fat Free 2 Minute Noodles (discarding flavour sachet)
 1 tsp olive oil
 125g lean beef stir-fry strips
 200g pre-cut fresh stir-fry vegetables (such as broccoli, capsicum, zucchini and cabbage)
 1 Tbsp water

1 Tbsp MasterFoods Teriyaki
Marinade

1 Tbsp freshly squeezed lime juice

1 Tbsp chopped unsalted
cashews, toasted

1 Cook noodles in a small
saucepan of boiling water for
2 minutes or until tender. Drain
well. Rinse under cold water.
Drain and set aside.

2 Heat half the oil in a wok over
a high heat. Add beef and cook
for 1 minute or until just cooked.
Transfer to a plate and set aside.
Heat remaining oil in the wok.
Add vegetables and cook, tossing,
for 2 minutes. Add water, cover
and cook for 1 minute or until
vegetables are tender-crisp.

3 Add teriyaki sauce and
lime juice to wok along with
noodles and beef. Toss well to
combine and heat through.
Transfer to a serving bowl.
Sprinkle with nuts and serve.

COOK'S TIP

If you prefer, you can replace the
beef with trim lamb leg steaks or
chicken breast fillet. If you don't
have a lime, use lemon juice. You
can also use unsalted peanuts
instead of cashews.



Chicken, corn and broccoli pasta bake

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 1 (AS A MAIN)

30g dried spiral pasta or
gluten-free pasta

2 Tbsp frozen corn kernels

150g broccoli, cut into small florets

Olive oil cooking spray

100g skinless chicken breast fillet

2 tsp wholemeal plain flour or
gluten-free flour

160ml (⅔ cup) skim milk

1 tsp Dijon mustard or
gluten-free mustard

Pinch smoked paprika

2 Tbsp finely chopped
flat-leaf parsley

2 Tbsp reduced-fat grated cheese

1 Tbsp dried wholegrain
breadcrumbs or gluten-free
breadcrumbs

1 Cook pasta in a small saucepan
of boiling water for 10-12 minutes
or until al dente, adding corn and
broccoli in the last 2 minutes of
cooking. Drain well.

2 Meanwhile, preheat a chargrill
pan or small non-stick frying pan
on medium-high. Spray chicken
with cooking spray and add to
pan. Reduce heat to medium and
cook for 3 minutes on each side
or until cooked through. Set aside
for 3 minutes to rest. Slice chicken.

3 Preheat grill on medium. Put
flour in a small saucepan and
whisk in milk, mustard and
paprika. Cook, stirring, over
a medium heat for 3-4 minutes
or until the sauce thickens and
comes to a simmer. Cook for
1 minute. Remove pan from
heat and stir in parsley and
1 Tbsp of the cheese.

4 Add chicken, pasta and
vegetables to sauce and stir well
to combine. Spoon mixture into a
500ml (2 cup) capacity ovenproof
dish. Sprinkle over combined
breadcrumbs and remaining
cheese. Transfer to grill and cook
for 3-4 minutes or until cheese
melts and is golden brown. Serve.

COOK'S TIP

You can replace the chicken with
a 95g can tuna in springwater,
drained and flaked. Stir into the
sauce in step 4 (omitting step 2).
You could also replace the corn
with frozen peas, if you like. ■





FOOD *in focus*

5 WAYS WITH *spinach*

Turn over a new leaf with this lean, green vitamin machine – *it really packs a punch!*



Spinach, tomato and
rosemary lentils with
paprika chicken
There will be high praise for this
leafy braise. It's lentil-licious!
see recipe, page 64 >>

gluten free

How
our food
works
for you
see page 90

**nutrition
info**

PER SERVE 1831kJ,
protein 45g, total fat
10.2g (sat. fat 2.1g),
carbs 34g, fibre 13g,
sodium 174mg.
• Carb exchanges 2½.
• GI estimate low.
• Gluten free.

Blitz your greens for a super-healthy snack – it's fast, *FRESH* and fabulous!

Green smoothie
New to drinking spinach?
Coconut and apple help turn
'no way!' into 'yes, please.'
see recipe, page 64 >>

gluten free

nutrition info

PER SERVE 329kJ,
protein 2g, total fat
0.3g (sat. fat 0.1g),
carbs 16g, fibre 3g,
sodium 38mg.

- Carb exchanges 1.
- GI estimate low.
- Gluten free.

nutrition info

PER SERVE 1233kJ,
protein 13g, total fat
9g (sat. fat 4.4g),
carbs 36g, fibre 8g,
sodium 135mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten free.

gluten free

**Potato, leek and
spinach soup**
This classic vegie blend
really is a smooth operator.
see recipe, page 64 >>

nutrition info

PER SERVE 1206kJ,
protein 13g, total fat
12g (sat. fat 2.8g),
carbs 28g, fibre 6g,
sodium 395mg.

- Carb exchanges 2.
- GI estimate low.

Ricotta and spinach
triangles
Corner the market on compliments
with these crispy Greek treats.
see recipe, page 66 >>

Steak with
mushroom sauce
and sautéed
silverbeet

Banish memories of soggy
silverbeet with gorgeous
garlicky greens. Delish!
see recipe, page 66 >>

nutrition info

PER SERVE 1874kJ,
protein 36g, total fat
15.3g (sat. fat 4.1g),
carbs 35g, fibre 10g,
sodium 610mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.



Spinach, tomato and rosemary lentils with paprika chicken

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

2½ tsp extra virgin olive oil
1 carrot, finely chopped
1 stick celery, finely chopped
1 small brown onion, finely chopped
2 cloves garlic, finely chopped
3 sprigs rosemary, leaves picked
300g ripe tomatoes, chopped
1 tsp Massel Salt Reduced
Chicken Style Stock Powder
185ml (¾ cup) boiling water
420g can no-added-salt lentils,
rinsed and drained
2 tsp red wine vinegar
75g (3 cups) baby spinach leaves
2 x 125g chicken breast fillets,
trimmed of fat
2 tsp smoked paprika
3 Tbsp low-fat Greek-style
plain yoghurt

1 Heat 2 tsp of the oil in a large saucepan over a medium heat. Add carrot, celery, onion, garlic and rosemary. Cook, stirring occasionally, for 6-7 minutes or until vegetables begin to soften. Add tomato and combined stock powder and water.

2 Cover and bring to a simmer. Cook, covered, for 15 minutes. Add lentils and vinegar. Continue to cook, uncovered, for a further 5-10 minutes or until mixture

thickens and vegetables are tender. Stir in spinach.

3 Meanwhile, heat remaining oil in a small non-stick frying pan over a medium heat. Rub chicken all over with paprika. Add to pan and cook for 4 minutes on each side or until cooked through. Set aside for 2-3 minutes to rest.

4 Divide lentil mixture between shallow serving bowls or plates. Diagonally slice chicken. Arrange chicken on top of lentil mixture. Serve with yoghurt.



Green smoothie

PREPARATION TIME: 5 MINS

COOKING TIME: NIL

SERVES 2 (AS A SNACK)

35g (1 cup, firmly packed) baby spinach leaves
1 Lebanese cucumber, chopped
1 green apple, unpeeled,
cored, chopped
250ml (1 cup) coconut water
½ cup ice cubes

1 Put all ingredients in a blender. Cover and blend until smooth.

2 Pour smoothie between 2 glasses and serve immediately.



Potato, leek and spinach soup

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS A LIGHT MEAL)

2 tsp extra virgin olive oil
1 leek, halved lengthways,
finely sliced
2 cloves garlic, finely chopped
1kg Carisma potatoes,
peeled, chopped
3 tsp Massel Salt Reduced
Vegetable Stock Powder
1L (4 cups) boiling water
500ml (2 cups) skim milk
1 bunch English spinach,
trimmed, chopped
125ml (½ cup) light
thickened cream
Freshly ground black pepper,
to serve
Chopped fresh chives or chervil,
to serve (optional)

1 Heat oil in a large saucepan over a medium heat. Add leek and garlic. Cook, stirring occasionally, for 6-7 minutes or until leek softens.

2 Add potato, combined stock powder and water, and milk. Bring to a simmer. Cook, uncovered, for 20 minutes or until potato is soft. Add spinach and stir for 1 minute. Set aside for 10 minutes to cool.

3 Transfer mixture, in batches if necessary, to a blender or food processor. Cover and blend until smooth. Return to pan and stir in cream. Cook, stirring, over a low heat for 4-5 minutes or until heated through. Divide soup between serving bowls. Sprinkle with pepper and chives, if using, and serve. ➤

Good for you

Delicious, versatile and wallet-friendly, there's a type of spinach to suit every culinary occasion

Low in energy and carbohydrate, and high in fibre, spinach is great for your blood glucose levels (BGLs)!

Spinach is used in most international cuisines. It's available all year round but its peak season is May to September.

It is an excellent source of vitamin K, vitamin A, vitamin C and folic acid, and is a good source of manganese, magnesium, iron and vitamin B2.

To ensure you get the best iron absorption out of your spinach, make sure you eat foods containing plenty of vitamin C – which you can find in tomatoes, oranges and apples – at the same time.

NUTRITION INFO (per 100g fresh spinach) 95kJ, **protein** 2.4g, **total fat** 0.3g, **carbs** 0.6g, **fibre** 4g, **sodium** 21mg.

KNOW YOUR LEAVES

1. Silverbeet

While not technically spinach, silverbeet is a close relative. Packed full of flavour, it's best used cooked.

TO PREPARE Trim stalks just below the leaves. If stalks are tough, discard them. Wash then chop or shred the leaves.

2. English spinach

This variety has small, flat leaves and green veins. The leaves and stems can be eaten raw or cooked.

TO PREPARE Trim stalks, wash leaves thoroughly and pat dry with a tea towel or paper towel before using.

3. Frozen spinach

This convenient freezer staple has the same – or better – nutritional value as fresh spinach.

TO PREPARE Defrost for a few hours, then squeeze out excess moisture before cooking.

4. Baby spinach

Small, flat, green leaves have a mild flavour and can be used raw or in cooking. Available loose or packaged.

TO PREPARE Simply wash, pat dry and use as required.





Ricotta and spinach triangles

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS A LIGHT MEAL)

1 tsp extra virgin olive oil
1 brown onion, finely chopped
1 clove garlic, crushed
250g pkt frozen spinach, thawed, moisture squeezed out
250g fresh low-fat ricotta, mashed until smooth
Finely grated zest of ½ lemon
50g egg, lightly whisked
Freshly ground black pepper, to season
12 sheets filo pastry
Olive oil cooking spray
4 cups mixed salad (lettuce, carrot, snow peas), to serve

1 Preheat oven to 180°C (fan-forced). Line 2 large oven trays with baking paper.
2 Heat oil in a small non-stick frying pan over a medium heat. Add onion and garlic. Cook, stirring occasionally, for 6-7 minutes or until onion softens. Transfer to a small bowl and set aside for 10 minutes to cool.
3 Add spinach, ricotta, lemon zest, egg and pepper to onion mixture. Mix until well combined.
4 Put 1 sheet of pastry on a clean surface and spray with cooking spray. Top with another sheet of pastry. Spray with cooking spray. Top with a third sheet of pastry. Keep remaining sheets covered with a damp tea towel

so they don't dry out. Spray the top sheet with cooking spray. With one of the long sides facing you, cut pastry into 5 even strips. Put 1 Tbsp of the spinach mixture in 1 corner of a strip and fold diagonally to form a triangle. Repeat with remaining pastry strips and spinach mixture. Arrange triangles on prepared tray and spray with cooking spray. Repeat with remaining pastry sheets, cooking spray and spinach mixture to make 20 triangles in total.

5 Bake triangles for 20-25 minutes or until pastry is golden and crisp. Serve with salad.



Steak with mushroom sauce and sautéed silverbeet

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

400g Carisma potatoes, skin on, cut into 2cm-thick chips
Olive oil cooking spray
2 egg tomatoes, halved lengthways
2 tsp extra virgin olive oil
100g button mushrooms, thinly sliced
2 x 100g beef fillet steaks, trimmed of fat
2 cloves garlic, crushed
1 bunch silverbeet, inner stem removed, shredded
Freshly squeezed juice of ¼ lemon
Freshly ground black pepper, to season

½ tsp cornflour or gluten-free cornflour

80ml (⅓ cup) Carnation Light & Creamy Evaporated Milk
1 tsp wholegrain mustard or gluten-free mustard

1 Preheat oven to 210°C (fan-forced). Line 2 oven trays with baking paper. Pat chips dry with paper towel and arrange in a single layer on 1 of the prepared trays. Spray with cooking spray. Bake for 20-25 minutes, turning once, or until chips are light golden brown and cooked through. Meanwhile, arrange tomato on the second prepared tray and spray with cooking spray. Bake for 15-20 minutes or until tender.
2 Meanwhile, heat 1 tsp of the oil in a medium non-stick frying pan over a medium-high heat. Add mushroom and cook, stirring often, for 3-4 minutes or until tender. Transfer to a plate and set aside. Return pan to heat and add beef. Cook for 2 minutes on each side for medium, or until cooked to your liking. Transfer to a plate, cover with foil and set aside.
3 Heat remaining oil in a large non-stick frying pan over a high heat. Add garlic and cook, stirring, for 1 minute. Add silverbeet and cook, tossing often, for 3-4 minutes or until tender. Remove from heat and stir in lemon juice and pepper.
4 Combine cornflour, milk and mustard in a small bowl. Add to the medium frying pan with mushroom. Cook, stirring, over a medium heat until the sauce comes to a simmer and thickens.
5 Divide chips, tomato, silverbeet mixture and steak between serving plates. Spoon mushroom sauce over steak and serve. ■

Yes, you can have ice cream.



New 'Good'n Creamy' from Golden North,
the only ice cream that's certified low GI.

Available now from selected independent supermarkets.

Low GI • No artificial sweeteners • No added sugar • Gluten free • Only 3% fat
Palm oil free • No traces of nuts • Made from fresh milk • SA made and owned

7 days, 7 dinners

Planning the weekly menu has never been easier –
your ***nutritious meals*** and shopping list, all done!



nutrition info

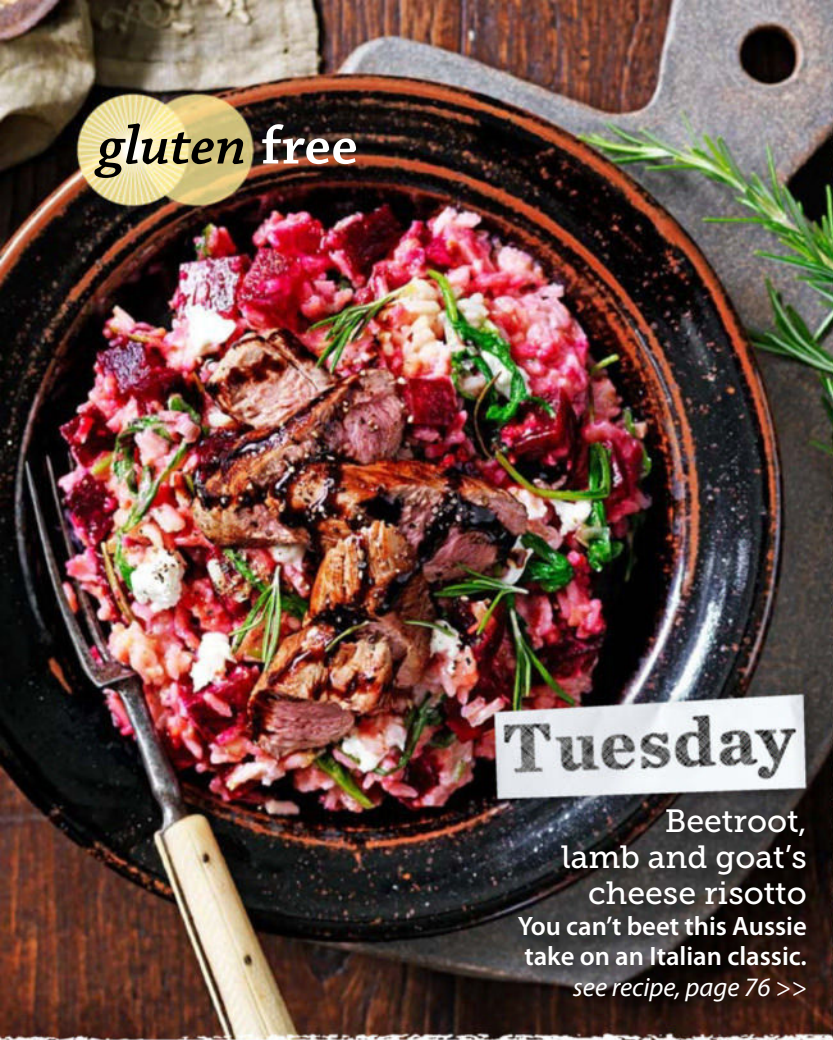
PER SERVE 1720kJ,
protein 35g, total fat
10g (sat. fat 2.1g),
carbs 41g, fibre 6g,
sodium 503mg.

- Carb exchanges 2½.
- GI estimate medium.
- Gluten-free option.

Monday

Pork pad Thai
Oodles of noodles create a
stir – it's a real flash in the pan!
see recipe, page 76 >>

gluten free



Tuesday

Beetroot,
lamb and goat's
cheese risotto
You can't beet this Aussie
take on an Italian classic.
see recipe, page 76 >>

How
our food
works
for you
see page 90

nutrition info

Left: PER SERVE 1924kJ,
protein 32g, total fat
12.8g (sat. fat 4.8g),
carbs 50g, fibre 8g,
sodium 222mg.
• Carb exchanges 3½.
• GI estimate low.
• Gluten free.

Below: PER SERVE 1625kJ,
protein 26g, total fat 16g
(sat. fat 4.6g), carbs 29g,
fibre 12g, sodium 379mg.
• Carb exchanges 2.
• GI estimate low.
• Gluten free.

Wednesday

Veggie, tofu and parmesan fritters
These meat-free marvels are pure gold,
even for the tofu-phobic!
see recipe, page 76 >>

Leftovers

GROCERIES

Wraps: Cut into pieces and bake
in an oven preheated to 180°C
(fan-forced) for 8-10 minutes or
until crisp. Serve with veggie sticks
and a low-fat dip as a snack.

Curry paste: Combine with low-fat
Greek-style plain yoghurt and lemon
juice to make a marinade for skinless
chicken breast fillets, prawns or fish.
Barbecue or pan-fry and serve with
steamed vegies or salad.

Rice noodles: Use as an alternative
to rice or in place of regular noodles
in your next stir-fry.

Tomato chutney: Spread a little on
sandwiches or mix with lemon juice,
extra virgin olive oil and freshly
ground black pepper for an easy
homemade salad dressing.

gluten free



Thursday

Warm barley,
mushroom and
chicken salad

Supercharge with superfoods
and harness some green power!
see recipe, page 77 >>

nutrition info

PER SERVE 1683kJ,
protein 40g, total fat
10g (sat. fat 1.9g),
carbs 29g, fibre 12g,
sodium 702mg.
• Carb exchanges 2.
• GI estimate low.



lower carb



Friday

Quick ricotta gnocchi with
roasted vegetable sauce

Homemade dumplings made of cheese? Yes, please!

see recipe, page 77 >>

nutrition info

Left: PER SERVE 1448kJ,
protein 22g, total fat 13.8g
(sat. fat 6.9g), carbs 27g,
fibre 8g, sodium 321mg.
• Carb exchanges 1¾.
• GI estimate low.
• Gluten-free option.

Below: PER SERVE 1636kJ,
protein 35g, total fat 8.5g
(sat. fat 1.6g), carbs 41g,
fibre 4g, sodium 497mg.
• Carb exchanges 2¾.
• GI estimate low.
• Gluten-free option.

Leftovers

CHILLED

Tofu: Marinate in honey, salt-reduced soy sauce, garlic, ginger and chilli before adding to a barbecue. Serve with vegies and barbecued corn.

Goat's cheese: Sprinkle over pizza for the last few minutes of cooking.

FRUIT AND VEGETABLES

Bean shoots: Keep in a bowl covered with cold water, changing the water every day. Add to salads or stir-fries just before serving.

Basil and parsley: Use in a marinade, dressing, salad or pesto.

Beetroot: Slice and use on sandwiches or toss into a salad.

Kale: Use as an alternative to salad leaves or quickly pan-fry with garlic in a little extra virgin olive oil and serve as a vegie side.

Saturday

Thai fish cakes

Book a table for two for this Asian affair – nothing fishy here!

see recipe, page 78 >>



Sunday

Pumpkin, chicken and feta quesadillas

There's a fiesta of flavour and colour in our Mexican-inspired sandwiches. Olé!

see recipe, page 78 >>

nutrition info

PER SERVE 1655kJ,
protein 31g, total fat
13g (sat. fat 4.3g),
carbs 34g, fibre 7g,
sodium 653mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.

Top of the shops

Help keep bugs at bay by eating five serves of greens – and reds and yellows – a day. *DL* dietitian Lisa Urquhart reveals her favourite autumn vegies

How much is enough?

The recommended number of serves of vegetables to eat each day is five. One serve is approximately 75g, which is half a cup of cooked veg, one cup of salad or one medium tomato.

The benefits of vegies

STEADIER NUMBERS Although sweet potato, potato, corn and pumpkin are quite carb-rich, most vegies are low in carbohydrates, meaning they won't cause big spikes in your blood glucose levels (BGLs). Keep in mind that one carb exchange (15g) is about one cup (300g) of cooked pumpkin or half a cup (125g) of corn, potato or sweet potato.

A FIBRE BOOST All plant foods contain fibre, which assists in digestion and is essential for optimum bowel function. For an added fibre boost, eat your vegies with the skin on.

BETTER IMMUNITY We only need very small amounts of micronutrients for good health. Eating plenty of different coloured vegies means you're getting your fair share of immunity boosters such as zinc and vitamin C, which will help keep you sniffle-free over winter.

Which vegies are the best... and the tastiest?

BABY KALE More delicate than regular kale, the baby version is perfect for salads. Like many leafy greens, kale is high in folate, which

is important for expectant mothers to reduce the risk of neural tube defects.

Top tip: While kale is high in iron, plant sources of this mineral are not easily absorbed by the body. The solution? Have some vitamin C, such as tomato or lemon juice, with your kale to boost iron absorption.

BEETROOT This brilliant red veg contains large amounts of dietary fibre, magnesium, potassium and vitamin C. The high nitrogen content makes beetroot juice a popular choice for athletes looking to enhance performance. It can also lower blood pressure in people with hypertension.

BROCCOLINI The baby sister of broccoli, this delicious low-carb winner is loaded with B vitamins that can help boost energy and vitamin C to assist the body in fighting infection. **Top tip:** Avoid overcooking broccolini to retain its nutrient content.

LEEKs Great in soups, risottos, or sautéed with olive oil as a side, leeks have a high micronutrient content and are a delicious, milder-flavoured alternative to onions.

BEAN SHOOTS High in all the usual healthy suspects, including vitamin C and B vitamins, these add a low-carb crunch to Asian dishes. **Top tip:** Wash and drain thoroughly before using.

Your shopping list

GROCERIES

- ☐ 200g pkt dried rice stick noodles
- ☐ 260g jar Beerenberg Tomato Chutney
- ☐ 210g jar Five Tastes Thai Red Curry Paste
- ☐ 260g pkt Wattle Valley Soft Lite White Wraps
- ☐ 750g pkt SunRice Doongara Clever Low GI White Rice
- ☐ Massel Salt Reduced Vegetable Stock Powder
- ☐ 500g pkt pearl barley

FRUIT AND VEGETABLES

- ☐ 2 red capsicums
- ☐ 200g broccoli
- ☐ 1 bunch broccolini
- ☐ 2 zucchini
- ☐ 1 carrot
- ☐ 2 leeks
- ☐ 1 brown onion
- ☐ 1 red onion
- ☐ 1 Lebanese cucumber
- ☐ 100g orange sweet potato
- ☐ 300g butternut pumpkin
- ☐ 400g punnet tomato medley mix
- ☐ 500g tomatoes
- ☐ 200g mushrooms
- ☐ 250g pkt Love Beets Baby Beetroots
- ☐ 2 large limes
- ☐ 1 lemon
- ☐ 50g rocket leaves
- ☐ 100g pkt baby kale

- ☐ 1 bunch coriander
- ☐ 1 bunch rosemary
- ☐ 1 bunch basil
- ☐ 1 bunch flat-leaf parsley
- ☐ 250g pkt bean shoots

MEAT AND POULTRY

- ☐ 500g pkt Woolworths Heart Smart Australian Pork Mince
- ☐ 200g lamb fillet
- ☐ 200g skinless chicken breast fillet

FISH AND SEAFOOD

- ☐ 300g boneless white fish fillets

CHILLED

- ☐ 150g pkt goat's cheese
- ☐ 250g pkt firm tofu
- ☐ 500g tub low-fat Greek-style plain yoghurt
- ☐ 200g pkt reduced-fat feta
- ☐ 150g fresh ricotta (from the deli)
- ☐ 150g fresh low-fat ricotta (from the deli)
- ☐ 100g cooked barbecued chicken breast (from the deli)
- ☐ 125g pkt Weight Watchers Bacon

HAVE AT HOME

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Olive oil cooking spray
- ☐ Sweet chilli sauce
- ☐ Salt-reduced soy sauce
- ☐ Balsamic glaze
- ☐ 8 cloves garlic
- ☐ 4 x 50g eggs
- ☐ Parmesan
- ☐ Plain flour
- ☐ Unsalted peanuts
- ☐ Freshly ground black pepper



SCAN AND SAVE
Use the free **viewa** app to scan this page and save this list to your phone. Handy!



Pork pad Thai

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

- 80g dried rice stick noodles
- 1 tsp olive oil
- 100g broccoli, cut into small pieces
- ½ red capsicum, cut into short, thin strips
- 200g Woolworths Heart Smart Australian Pork Mince
- 1 clove garlic, crushed
- 50g egg, lightly whisked
- Freshly squeezed juice of 1 large lime
- 3 tsp sweet chilli sauce or gluten-free sweet chilli sauce
- 3 tsp salt-reduced soy sauce or gluten-free soy sauce
- ½ cup coriander leaves
- 1 cup bean shoots
- 1 Tbsp unsalted peanuts, coarsely chopped

1 Cook noodles in a medium saucepan of boiling water over a high heat for 5-7 minutes or until tender. Drain well and rinse under cold water. Set aside.

2 Meanwhile, heat oil in a large wok over a high heat. Add broccoli, capsicum, pork and garlic. Stir-fry for 3 minutes or until vegetables are tender-crisp and mince is cooked. Add noodles and egg. Cook, tossing, until mixture is well combined and egg is just set.

3 Add lime juice, chilli sauce and soy sauce to wok. Toss to combine. Add coriander and bean shoots and toss to combine. Sprinkle with peanuts and serve.

COOK'S TIP

If you're not a fan of pork, simply replace it with 300g green prawns, peeled, deveined and finely chopped. The lime juice can be substituted with lemon juice.



Beetroot, lamb and goat's cheese risotto

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

- 2 tsp Massel Salt Reduced Vegetable Stock Powder
- 625ml (2½ cups) boiling water
- 1½ tsp extra virgin olive oil
- 1 leek, halved lengthways, thinly sliced
- 2 cloves garlic, finely chopped or crushed
- 2 sprigs rosemary, leaves picked
- 100g (½ cup) SunRice Doongara Clever Low GI White Rice
- 200g lamb fillet, trimmed of fat
- 125g (½ pkt) Love Beets Baby Beetroot, finely chopped
- 50g (2 cups) rocket leaves
- 40g goat's cheese
- Freshly ground black pepper, to serve
- Balsamic glaze, to serve

1 Bring stock powder and water to a simmer in a small saucepan. Turn off heat and set aside.

2 Heat 1 tsp of the oil in a medium saucepan over a medium heat. Add leek, garlic and half the rosemary. Cook, stirring, for 2 minutes. Reduce heat to low, add 2 Tbsp of the hot stock, cover and cook for 6-7 minutes or until leek is very

soft. Increase heat to high and add rice. Cook, stirring, for 2 minutes.

3 Return stock to a simmer over a low heat. Add a ladleful (about 125ml/½ cup) of hot stock to rice and cook, stirring often, until the liquid is completely absorbed. Continue to add stock, a ladleful at a time, stirring often and allowing the liquid to absorb before adding more, until rice is tender yet firm to the bite.

4 Meanwhile, heat remaining oil in a small non-stick frying pan over a medium-high heat. Add lamb and reduce heat to medium. Cook, turning occasionally, for 3-4 minutes for medium, or until cooked to your liking. Transfer to a plate, cover with foil and set aside to rest.

5 Remove rice from heat. Add beetroot and rocket, and stir until leaves begin to wilt. Stir in goat's cheese. Divide risotto between shallow serving bowls.

6 Diagonally slice lamb and arrange on top of risotto. Sprinkle over remaining rosemary and pepper. Drizzle over balsamic glaze and serve.



Veggie, tofu and parmesan fritters

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

- Olive oil cooking spray
- 1 zucchini, finely grated
- 1 carrot, finely grated
- 100g orange sweet potato, finely grated
- 100g broccoli, finely chopped

1 brown onion, finely chopped
1 clove garlic, crushed
2 Tbsp water
100g drained firm tofu, crumbled
20g finely grated parmesan
3 x 50g eggs, lightly whisked
Freshly ground black pepper, to season
3 Tbsp low-fat Greek-style plain yoghurt
2 Tbsp Beerenberg Tomato Chutney
Flat-leaf parsley leaves, to serve

1 Spray a large non-stick frying pan with cooking spray and heat over a medium heat. Add zucchini, carrot, sweet potato, broccoli, onion, garlic and water. Cook, stirring often, for 5-6 minutes or until vegetables begin to soften. Transfer to a large bowl and set aside for 10 minutes to cool slightly. Wipe out pan with paper towel.

2 Add tofu, parmesan and egg to vegetable mixture. Stir to combine. Season with pepper. Spray clean pan with cooking spray and heat over a medium heat. Spoon 3 x 1/3 cupfuls of vegetable mixture into pan, pressing out slightly. Cook for 3 minutes or until golden brown underneath and bubbles appear on the surface. Carefully turn over and cook for a further 2 minutes. Transfer to a plate and cover loosely with foil. Repeat with remaining vegetable mixture to make 6 fritters in total.

3 Combine yoghurt and chutney in a small bowl. Divide fritters between serving plates. Sprinkle with parsley and serve with yoghurt and chutney mixture.

COOK'S TIP

For a change of flavour, you can replace the yoghurt with 30g extra-light sour cream and the tomato chutney with 2 Tbsp sweet chilli sauce.



Warm barley, mushroom and chicken salad

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

75g (1/3 cup) pearl barley
Extra virgin olive oil cooking spray
200g skinless chicken breast fillet, trimmed of fat
2 tsp extra virgin olive oil
1 leek, halved lengthways, thinly sliced
200g mushrooms, sliced
2 rashers Weight Watchers Bacon, cut into short, thin strips
1 clove garlic, crushed
2 sprigs rosemary, leaves picked
1 bunch broccolini, cut into 4cm lengths
50g (2 cups) baby kale
Freshly squeezed juice of 1/2 lemon
Freshly ground black pepper, to serve

1 Cook barley in a small saucepan of boiling water over a high heat for 20 minutes or until tender. Drain well and set aside.

2 Meanwhile, preheat a chargrill pan on medium-high. Spray both sides of chicken with cooking spray. Add to chargrill and reduce heat to medium. Cook for 4 minutes on each side or until cooked through. Transfer to a plate and set aside.

3 Heat oil in a medium non-stick frying pan over a medium heat. Add leek, mushroom, bacon, garlic and rosemary. Cook, stirring occasionally, for 6-7 minutes or until leek softens. Add broccolini and cook for a further 2 minutes.

4 Diagonally slice or shred chicken. Add to pan along with barley and kale. Toss to combine. Divide salad between shallow serving bowls. Sprinkle over lemon juice and pepper. Serve.

COOK'S TIP

Replace the broccolini with 150g broccoli and the kale with spinach.



Quick ricotta gnocchi with roasted vegetable sauce

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

1 zucchini, roughly chopped
1/2 large red capsicum, roughly chopped
500g tomatoes, halved
Olive oil cooking spray
3 cloves garlic, wrapped in foil
10g shaved parmesan, to serve
Basil leaves, to serve
Freshly ground black pepper, to serve

Ricotta gnocchi

150g fresh ricotta
150g fresh low-fat ricotta
3 Tbsp plain flour or gluten-free flour

1 Preheat oven to 200°C (fan-forced). Line a medium roasting pan with baking paper. Add zucchini, capsicum and tomato to prepared pan. Spray with cooking spray. Add garlic. Roast for 25 minutes or until vegetables have softened. Set aside for 10 minutes. ➤

FOOD mains

Unwrap garlic. Transfer vegetables and garlic to a blender and process until smooth. Set aside.

2 To make ricotta gnocchi, line a large oven tray with paper towel. Spread over ricotta. Put a second layer of paper towel on top of ricotta and press down to squeeze out excess moisture. Transfer ricotta to a medium bowl. Add flour and stir until just combined and the mixture isn't sticky. Divide mixture into 3 and roll each portion into a 2.5cm-thick sausage shape. Cut each shape into 2.5cm-thick slices.

3 Bring a large saucepan of water to the boil. Add half the gnocchi and cook for 2-3 minutes or until gnocchi float to the surface. Using a slotted spoon, transfer gnocchi to a bowl. Return water to the boil and repeat with remaining gnocchi.

4 Transfer vegetable sauce to a small saucepan and cook, stirring, over a medium heat for 3-4 minutes or until warm. Divide sauce between serving bowls. Top with gnocchi. Sprinkle over parmesan, basil and pepper. Serve.



Thai fish cakes

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

70g ($\frac{1}{3}$ cup) SunRice Doongara
Clever Low GI White Rice
185ml ($\frac{3}{4}$ cup) water
300g boneless white fish fillets
(such as snapper), chopped
3 tsp Five Tastes Thai Red Curry Paste
 $\frac{1}{3}$ cup coriander leaves
2 tsp olive oil

1 Tbsp sweet chilli sauce or
gluten-free sweet chilli sauce
2 lime wedges, to serve (optional)

Salad

$\frac{1}{2}$ cup coriander leaves
 $1\frac{1}{2}$ cups bean shoots
 $\frac{1}{2}$ small red capsicum,
cut into short, thin strips

1 Put rice and water in a small saucepan. Bring to a simmer over a medium heat. Reduce heat to low and cook, covered, for 12 minutes or until liquid is absorbed.

2 Meanwhile, put fish, curry paste and coriander in a small food processor. Process until smooth and well combined. Using your hands, shape mixture into 8 patties.

3 To make salad, combine all ingredients in a small bowl. Divide between serving plates.

4 Heat oil in a large non-stick frying pan over a medium heat. Cook patties for 2 minutes on each side or until cooked through.

5 Divide rice between 2 x 125ml ($\frac{1}{2}$ cup) moulds. Turn out onto serving plates. Add fish cakes. Serve with sweet chilli sauce and lime wedges, if using.

COOK'S TIP

If you prefer, you can use 200g skinless and boneless fresh salmon instead of white fish.



Pumpkin, chicken and feta quesadillas

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

300g butternut pumpkin, peeled, deseeded and chopped
2 Wattle Valley Soft Lite White Wraps or gluten-free wraps
25g (1 cup) baby kale leaves
60g reduced-fat feta, crumbled
100g barbecued chicken breast (skin removed) or gluten-free cooked chicken breast, shredded
Olive oil cooking spray

Salad

200g tomato medley,
cut into different sizes
 $\frac{1}{2}$ small red onion, very thinly sliced
1 Lebanese cucumber, cut into chunks
 $\frac{1}{4}$ cup flat-leaf parsley
1 Tbsp freshly squeezed lemon juice
2 tsp extra virgin olive oil

1 Put pumpkin in a small steamer basket over a saucepan of simmering water. Cover and steam for 5-7 minutes or until pumpkin is very tender.

2 Lay 1 wrap on a clean surface. Sprinkle over half the kale, feta and chicken. Sprinkle over pumpkin. Top with remaining kale, feta and chicken. Cover with the second wrap.

3 Spray a medium non-stick frying pan with cooking spray and heat over a medium heat. Add wrap stack. Cook for 2-3 minutes or until the base is golden brown. Carefully slide onto a plate. Spray the top wrap with cooking spray. Carefully invert onto a wire rack. Return to pan, uncooked-side down. Cook for a further 2 minutes or until golden brown.

4 To make the salad, put tomato, onion, cucumber and parsley in a medium bowl. Add lemon juice and oil. Toss to combine.

5 Cut quesadilla into wedges. Divide between serving plates and serve with salad. ■

How
our food
works
for you

see page 90

**nutrition
info**

PER SERVE 1005kJ,
protein 9g, total fat
6g (sat. fat 1.4g),
carbs 35g, fibre 6g,
sodium 103mg.
• Carb exchanges 2½.
• GI estimate low.

Crunch time!

Start your day with a **sensational brekkie** that will bowl 'em all over

Cranberry and almond muesli

PREPARATION TIME: 15 MINS
PLUS 30 MINS COOLING
COOKING TIME: 10 MINS
MAKES 6 CUPS
SERVES 12 (AS A BREAKFAST)

90g (1 cup) rolled oats
60g (1 cup) rice flakes
50g (½ cup) sliced almonds
(skin on)
1 Tbsp honey

130g (2 cups) Kellogg's
All-Bran Original
2 Tbsp linseeds
170g pkt dried cranberries, chopped
80ml (⅓ cup) low-fat milk,
per person, to serve
2 Tbsp low-fat vanilla yoghurt,
per person, to serve

1 Preheat oven to 180°C
(fan-forced). Line an ovenproof
dish with baking paper. Arrange
oats, rice flakes and almonds in

prepared dish. Drizzle over honey.
Toss to coat. Bake for 8-10 minutes,
turning once, or until oats and
almonds are lightly toasted.
Set aside for 30 minutes to cool.
2 Add All-Bran, linseeds and
cranberries. Toss to combine.
3 To serve, scoop ½ cup of the
muesli into a serving bowl. Pour
over milk and top with yoghurt.
Store remaining muesli in an
airtight container in a cool, dark
place for up to 6 weeks. ■

IN SEASON

Pear necessities

Fresh, baked or poached, these ***fibre-packed fruits*** are pear-fection!

AT THEIR BEST

Pears are in the shops throughout most of the year, but different types are available at various times.

Classed as pome fruits (meaning they have a core of small seeds surrounded by an outer fleshy part), pears are related to the apple, nashi and quince. They come in various shapes, sizes and colours, all with creamy-white flesh.

Corella is small to medium in size and in the shops from May to October. It's best eaten fresh or used in a salad.

Beurre bosc is available from April to November. Sweet and juicy, it's one of the best pears for cooking.

Josephine has a rich flavour and is an excellent eating pear. It's in store from May to November.

Packham can be found from April to January. It has firm flesh that's good for eating fresh or baking.

Williams is in the shops from March to May. Eat it fresh or use it in poaching, baking or salads.

Red sensation has red and gold skin. Buy it from March to May for use in desserts or fruit salads.

SELECT

Choose firm, plump fruit without damaged skin or soft spots.

STORE

Ripen fruit at room temperature. When ripe, store in the fridge and use as soon as possible.

NUTRITION

Pears are full of vitamin C and are low GI, so won't cause blood glucose level (BGL) spikes. They are very high in fibre – one medium pear contains about 6g of fibre or about 20 per cent of your recommended daily intake. They also contain a high fructose load. This draws water into the bowel, which is why pears are known for relieving constipation in young children. On the flip side, fructose can cause tummy upsets in some people with irritable bowel syndrome (IBS).

PER 100g 247kJ, **protein** 0.3g, **fat** 0g (sat. fat 0g), **carbs** 10g, **fibre** 4g, **sodium** 1mg.

QUICK IDEAS

- ▶ For a satisfying snack, serve half a sliced pear with a few thin slices of reduced-fat mature cheddar.
- ▶ Slice and add to your favourite salad, or make a ginger and pear chutney to serve with roast or grilled pork.
- ▶ Finely chop and use in cakes or muffins, or stew with a little water, sugar and spice and serve with yoghurt and muesli. ▶



Bite me!



Pears poached in sparkling wine
Spice and bubbles make this super bowl pop.
see recipe, page 84 >>

How
our food
works
for you

see page 90

**nutrition
info**

PER SERVE 626kJ,
protein 1g, fat 0.5g
(sat. fat 0.3g),
carbs 24g, fibre 7g,
sodium 11mg.
• Carb exchanges 1½.
• GI estimate medium.
• Gluten-free option.

Pear, ginger and dark chocolate muffins

Make these moreish muffins in two delicious flavours.

What a way to eat your fruit!
see recipe, page 84 >>

Pear, rhubarb and cinnamon muffins

see recipe, page 84 >>

nutrition info

Pear, rhubarb and cinnamon muffins

PER SERVE

(with sugar) 599kJ,
protein 3g, fat 3g
(sat. fat 0.6g),
carbs 25g, fibre 3g,
sodium 156mg.
• Carb exchanges 1½.
• GI estimate medium.

PER SERVE (with sugar

substitute) 476kJ,
protein 3g, fat 3g
(sat. fat 0.6g),
carbs 17g, fibre 3g,
sodium 156mg.
• Carb exchanges 1.
• GI estimate medium.

nutrition info

Pear, ginger and dark chocolate muffins

PER SERVE (with sugar)

649kJ, protein 3g,
fat 3.4g (sat. fat 1g),
carbs 26g, fibre 3g,
sodium 154mg.
• Carb exchanges 1½.
• GI estimate medium.

PER SERVE (with

sugar substitute) 563kJ,
protein 3g, fat 3.4g
(sat. fat 1g),
carbs 20g, fibre 3g,
sodium 154mg.
• Carb exchanges 1½.
• GI estimate medium.

**Pear, white bean
and blue cheese salad**
This colourful character is sweet,
tangy and packs a crunch!
see recipe, page 84 >>

nutrition info

PER SERVE 1463kJ,
protein 13g, fat 12.6g
(sat. fat 3.8g),
carbs 31g, fibre 16g,
sodium 633mg.
• Carb exchanges 2.
• GI estimate low.
• Gluten-free option.



IN season



Pears poached in sparkling wine

PREPARATION TIME: 10 MINS

COOKING TIME: 50 MINS

SERVES 6 (AS A DESSERT)

750ml bottle Yellowglen Yellow 65

250ml (1 cup) water

250g (1 cup) Equal Spoonful

Pinch saffron threads

1 vanilla bean, split lengthways

6 firm Williams or beurre bosc

pears, peeled with stems intact,
halved, cores carefully removed

12 pieces (50g) almond bread or
gluten-free almond bread, to serve

1 Put wine, water, Equal Spoonful and saffron in a large saucepan. Add vanilla seeds and pod. Bring mixture to a simmer over a medium heat.

2 Add pear and cover with a round of baking paper. Return to a simmer. Reduce heat to medium-low and cook, covered, turning occasionally, for 45-50 minutes or until tender. Serve warm or set aside to cool in the poaching liquid, if you prefer.

3 To serve, use a slotted spoon to divide pear between serving bowls. Spoon over a little poaching liquid. Serve with almond bread.



Pear, ginger and dark chocolate muffins

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

MAKES 12 (1 PER SERVE AS A SNACK)

2 large Williams pears, peeled,
finely chopped

60ml (¼ cup) water

Cooking spray

160g (1 cup) wholemeal
self-raising flour

75g (½ cup) self-raising flour

2 tsp ground ginger

30g dark chocolate bits

80g (½ cup, lightly packed)

dark brown sugar or granulated
sugar substitute

40g light margarine, melted

125ml (½ cup) skim milk

50g egg

1 Put pear and water in a shallow microwave dish. Cover and cook on high/100% for 5 minutes or until pear is very tender. Mash until smooth. Set aside to cool.

2 Preheat oven to 170°C (fan-forced). Line a 12-hole 80ml (⅓ cup) non-stick muffin tin with paper cases. Spray cases with cooking spray. Combine flours, ginger, chocolate and sugar in a medium bowl. Whisk margarine, milk and egg together in a small bowl. Add milk mixture and pear to flour mixture. Stir until combined.

3 Divide mixture evenly between paper cases. Bake for 20-22 minutes or until a skewer inserted into the centre of muffins comes out clean. Cool slightly in tin before transferring muffins to a wire rack to cool completely. Serve.

Or why not try...

Pear, rhubarb and cinnamon muffins

Replace 1 of the **pears** with 200g chopped **rhubarb**. Replace **ground ginger** with 1 tsp **cinnamon**. Omit **chocolate**. Replace **brown sugar** with **caster sugar** or **granulated sugar substitute**.

In **step 1**, add 2 Tbsp of the caster sugar to the rhubarb and water. Cover and cook on high/100% for 4 minutes or until rhubarb is very tender. Set aside to cool.

In **step 2**, combine the 1 chopped pear with flours, cinnamon and remaining sugar. Add milk mixture and rhubarb to flour mixture. Stir until combined.

Continue recipe from **step 3**.



Pear, white bean and blue cheese salad

PREPARATION TIME: 10 MINS

COOKING TIME: NIL

SERVES 2 (AS A LIGHT MEAL)

400g can cannellini beans,
rinsed and drained

2 small corella pears, quartered,
cored, very thinly sliced

1 cup firmly packed flat-leaf
parsley leaves

½ large red capsicum, cut into
short, thin strips

30g light blue cheese

20g walnut pieces, roughly
chopped

Dressing

1 Tbsp freshly squeezed
lemon juice

2 tsp red wine vinegar

1 tsp Dijon mustard or
gluten-free mustard

Freshly ground black pepper,
to season

1 Put beans, pear, parsley and capsicum in a medium bowl. Toss to combine.

2 To make dressing, whisk lemon juice, vinegar, mustard and pepper together in a small bowl.

3 Pour dressing over bean mixture and toss to combine. Divide between serving plates. Crumble over blue cheese and sprinkle with walnuts. Serve. ■

Better Homes and Gardens.

Make magic every day



AUSTRALIA'S NO. 1 MAGAZINE*

Visit bhg.com.au



*Source: emma™ conducted by Ipsos MediaCT, September 2015;
Rankings based on consumer paid titles only.

Plan your week,

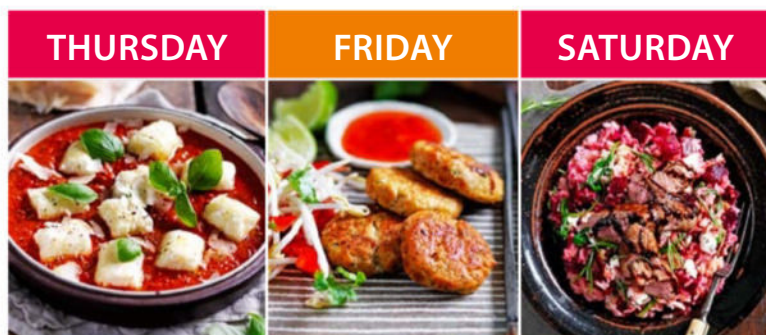
Wondering what to eat this week?

Try these delicious meal and snack ideas

Wondering what to eat this week? Try these delicious meal and snack ideas	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
	H ₂ O			
	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
	Breakfast	½ cup rolled oats cooked with ¾ cup water. Top with ½ cup low-fat milk, 1 small sliced banana and 1 tsp honey.	1 slice grain toast with 2 tsp Mayver's Dark Chocolate Super Spread. Serve with 1 small skim latte and 1 apple.	2 slices grain toast spread with 2 tsp light margarine and topped with 2 poached eggs.
Optional snack	Bake a batch of Pear, ginger and dark chocolate muffins (page 84). Enjoy 1 and freeze the rest.	Ryvitas with ricotta, gherkin and tomato (page 89).	130g (½ cup) low-fat Greek-style plain yoghurt with ½ cup berries and a drizzle of honey.	20 natural almonds. 
Lunch	Potato, leek and spinach soup (page 64). Save a serve for lunch on Monday.	Potato, leek and spinach soup (page 64).	Ricotta and spinach triangles (page 66).	Pear, white bean and blue cheese salad (page 84).
Optional snack	Cinnamon and honey warm milk (page 89).	1 piece seasonal fresh fruit. 	Pear, ginger and dark chocolate muffin (page 84), made on Sunday and frozen.	Crackers with cheese and apple (page 89). 
Dinner	Warm barley, mushroom and chicken salad (page 77). <i>Pictured above.</i>	Vegie, tofu and parmesan fritters (page 76). <i>Pictured above.</i>	Pork pad Thai (page 76). <i>Pictured above.</i>	Pumpkin, chicken and feta quesadillas (page 78). <i>Pictured above.</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	1 piece seasonal fresh fruit.	Banana, pecan and maple pudding (page 51).	3 dried apricot halves and 3 walnut halves.	Banana, pecan and maple pudding (page 51).
Exercise	 Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!



THURSDAY

FRIDAY

SATURDAY

a day, depending on the weather and how active you are.

1 slice toasted Bürgen Soy-Lin bread served with 1 slice reduced-fat cheddar and ½ cup warm baked beans.

2 slices grain toast spread with 2 tsp light margarine and topped with 2 poached eggs.

1 medium apple, sliced, served with ½ cup low-fat Greek-style plain yoghurt and ¼ cup untoasted muesli.

1 piece seasonal fresh fruit.



Cinnamon and honey warm milk (page 89).

Green smoothie (page 64).



Midweek sandwich: 2 slices Bürgen Soy-Lin bread with 2 tsp 97% fat-free mayonnaise, 1 small can drained tuna in springwater, 2 slices tomato and ¼ cup salad leaves.

Ricotta and spinach triangles (page 66).

Pear, ginger and dark chocolate muffin (page 84), made on Sunday and frozen.

1 piece seasonal fresh fruit.



1 slice grain bread spread with 2 tsp Mayver's Dark Chocolate Super Spread.

Quick ricotta gnocchi with roasted vegetable sauce (page 77). **Pictured above.**

Thai fish cakes (page 78). **Pictured above.**

Beetroot, lamb and goat's cheese risotto (page 76). **Pictured above.**

have a couple of alcohol-free days a week.

Cinnamon and honey warm milk (page 89).

40-second microwave chocolate brownie pudding (page 50).

Pears poached in sparkling wine (page 84).

Always discuss your exercise plans with your doctor first.



Make healthy normal

Trying to stick to a healthy eating plan or exercise routine can be hard. Until a new behaviour becomes a habit, we have to work at it – and this can be when we start to slip up. Keep on the straight and narrow with these tips...

1 Set achievable goals Small changes that can be maintained are better than unrealistic, big ideas. Want to start walking? Rather than saying you'll do 5km each day, try doing 1km three days per week, and build it up.

2 Write it down A diary is a terrific way to track your progress and can be used as a powerful motivator when your willpower starts slipping.

3 Don't go it alone We're much more successful when we're part of a team, so for extra motivation, enlist the help of a friend or loved one who also wants to kick-start healthy goals.

4 Celebrate your victories No matter how small your achievements, from eating more vegies at dinner to adding an extra workout to your week, always plan a reward. It could be as simple as allowing yourself a leisurely sleep-in on a Sunday morning or as luxurious as booking a massage to recognise a special goal reached. ■



All the tips, tricks and *inside knowledge* for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

GO BANANAS!

Bananas are at their best and cheapest throughout April and May. Keep the freezer well stocked with these easy tips.

COOK Choose very ripe bananas to use in cooking. This will add moisture to your recipes and give them that 'real' banana flavour.

FREEZE When bananas are cheap, buy extra to freeze for later. Short on time? Simply throw the whole fruit in the freezer. Use a small sharp knife to remove the skin when they're still frozen, then chop and use in smoothies. Or, defrost and mash to use in baking or desserts.

Mocha shake

Put 1 **frozen banana**, chopped, 3 Tbsp **drinking chocolate powder**, 2 Tbsp **wheatgerm**, 250ml (1 cup) freshly brewed and chilled **strong coffee** and 500ml **low-fat milk** in a blender. Cover and blend until smooth. Serves 2 (as a breakfast).

PER SERVE 1015kJ, protein 13g, total fat 4.4g (sat. fat 2.6g), carbs 37g, fibre 3g, sodium 137mg.
• Carb exchanges 2½.
• GI estimate low.



To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 137. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au



60-SECOND LUNCH

Combine 60g green beans, trimmed and diagonally halved, 1 Lebanese cucumber, chopped, 25g (1 cup) baby kale or spinach leaves and a 95g can Safcol Premium Salmon in Springwater, drained. Drizzle with balsamic glaze and serve with a 60g sourdough roll.

PER SERVE 1231kJ, protein 23g, total fat 5.4g (sat. fat 1g), carbs 35g, fibre 7g, sodium 598mg.
• Carb exchanges 2½.
• GI estimate low.

LIFT OFF!

The JarKey by Brix makes it easy to unscrew the tightest of lids by quickly and effortlessly breaking the vacuum seal. Simply place the device against the lid and lift gently to release. Hey presto

– you can now unscrew the lid with ease! Available

in various colours, it costs about \$8.95 from home and kitchenware stores nationally.



SUPERMARKET CRUSH

The big smoke

Tassal Salt Reduced Tasmanian Smoked Salmon (\$6.30 for 90g) packs all the flavour and taste of regular varieties, but with 70 per cent less salt. Use it in quiches and muffins, on wraps or serve with scrambled eggs, roasted tomatoes, spinach and a slice

of toasted sourdough for a delish weekend brekkie. Just take care not to team it with foods that are high in sodium. Available from Coles, Woolworths and independent supermarkets.



PHOTOGRAPHY (STOCKPHOTO, GETTY IMAGES)



SCAN AND SAVE

Use the free **viewa** app to scan this page for quick and healthy snack ideas. Easy!



QUICK AND EASY

Snack ideas

Power through the day with these fab and filling snacks



Ryvitas with ricotta, gherkin and tomato

Spread 2 **Ryvita Original Rye Crispbreads** with 60g **low-fat ricotta**. Top with 1 **tomato**, sliced, and 1 **gherkin**, thinly sliced. Sprinkle with **freshly ground black pepper**. Serve.

PER SERVE 399kJ, protein 6g, total fat 2.1g (sat. fat 1.2g), carbs 12g, fibre 2.6g, sodium 186mg.
• Carb exchanges ¾. • GI estimate low.

Cinnamon and honey warm milk

Put 200ml **low-fat milk** and 1 **cinnamon stick** in a small saucepan. Stir over a medium heat until warmed through. Pour into a mug. Drizzle in 1 tsp **honey**. Sprinkle with **nutmeg** and serve.

PER SERVE 522kJ, protein 8g, total fat 2.5g (sat. fat 1.7g), carbs 18g, fibre 0g, sodium 82mg. • Carb exchanges 1¼. • GI estimate low. • Gluten free.



Crackers with cheese and apple

Take 4 **multigrain crackers** and top with 20g **reduced-fat cheese** and ½ small **apple**, cut into wedges. Serve.

PER SERVE 652kJ, protein 7g, total fat 6.9g (sat. fat 4.2g), carbs 15g, fibre 2g, sodium 201mg. • Carb exchanges 1. • GI estimate low.

Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a **healthy, balanced** diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!

Alison Roberts, Food Editor (far left)
Lisa Urquhart, Dietitian

Serves 2 (as a main)

We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Salmon, spinach and corn pizza
PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

2 Vitacis Souvlaki & Pizza Lite Pittes
2 tablespoons sweet chilli sauce
60g (6 cups) baby spinach leaves
50g button mushrooms, thinly sliced
½ small red capsicum, cut into thin strips
60g (½ cup) fresh or frozen corn kernels
185g can Tassal Premium Tasmanian Salmon in Springwater, flaked
80g (¾ cup) 30% fat-reduced grated cheddar cheese
45g (3 cups) mixed salad leaves
Lemon juice or balsamic vinegar, to drizzle (optional)

1 Preheat oven to 200°C (fan-forced). Place the bread bases on a baking tray. Spread each with 1 tablespoon of sweet chilli sauce.
2 Top bread bases with spinach, mushroom, capsicum, corn and salmon. Sprinkle the cheese over.
3 Bake pizzas for 12 minutes or until the cheese melts and the bases are crispy.
4 Serve the pizzas with salad leaves, drizzled with lemon juice or balsamic vinegar, if you like. ➤

nutrition info
PER SERVE 2171kJ, protein 33.8g, total fat 19.3g (sat. fat 8.4g), carbs 49.7g, fibre 5.3g, sodium 630mg.
• Carb exchanges 3½.
• GI estimate medium.

How our food works for you
see page 90

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Make counting carbs easy: one carb exchange = 15g carbs. Aim for 1-2 exchanges in snacks, and 1-4 exchanges in a meal.



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 50g Total fat 70g Saturated fat 24g Carbs 310g Fibre 30g Sodium 2.3g

To lose weight* Kilojoules 6000kJ Protein 50g Total fat 40-50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

LIVING *well*

In this **ISSUE**

Weigh ahead

From a diet guru's tips to a perfect portion guide, your path to a slimmer, healthier you starts here

.....

Rest up

How to stop the sleep saboteurs in their tracks

.....

All for (type) 1

Fun, friendship and insulin pumps – it's a camp with a twist

.....

No gym required

Turn your household tasks into a fat-blasting workout

.....

Your best shot

Take the sting out of injecting with our on-point tips

.....

Here comes the sun

Strategies to keep the dark clouds at bay

Say *hello* to a **NEW YOU**

Have a large amount of weight to lose and don't know where to begin? Jump-start your goals with our guide – there's *no better time than now!*

Many factors can cause the number on your scales to creep upwards. Maybe it's working long hours in a sedentary job, or an injury has made exercise difficult. Or it could be related to your diabetes.

Sonia Middleton, an advanced accredited practising dietitian at Baker IDI Heart & Diabetes Institute, says she sees patients whose fear of hypoglycaemia (low blood glucose levels) drives them to eat more, and more frequently, than they need to. Some people 'may have had diabetes for 10 years and have never seen a dietitian', so don't understand their individual needs.

'They believe that someone with diabetes needs to eat every few hours, which in many instances is just not the case,' she says.

While losing a large amount of weight may seem daunting, it is the best boost you can give to your diabetes management. In addition to helping stabilise your blood glucose levels (BGLs), shedding excess kilos can help reduce your need for medication and prevent diabetes-related complications. Win-win-win!

Get your motivation moving with these expert-approved tips for safely losing kilos and feeling fab along the way...

Get your care team involved

Your first stop is your GP, who can help you design a weight-loss program that incorporates any changes you may need to make to your medications.

A dietitian is an essential ally. They can identify what you need to change and take into account factors such as your access to food, income level, age, commitments and cooking skills. Ask your GP

for a recommendation or go to daa.asn.au to find one near you.

It's also a good idea to see an exercise physiologist, especially if you have mobility issues or injuries, or haven't exercised in a long time.

Your doctor may also recommend a psychologist to help you deal with any emotional issues. ➤



WEIGHT *loss*

Find long-lasting motivation

Losing weight can be tough. You're not always going to feel like exercising or eating healthily, and you may experience setbacks such as illness or weight-loss plateaus along the way. So there are lots of benefits in finding a strong motivation to keep you feeling focused.

'It's important that motivation comes from within and is linked to your individual values and what really matters to you,' says counsellor and exercise scientist Fiona Cosgrove.

Whether it's the desire to play with your children or

grandkids without getting breathless, wanting to have a healthier and more active lifestyle, or simply wishing to take fewer medications, if you can identify a personal motivation, Cosgrove says 'you're more likely to behave with interest, excitement and a sense of choice'.

Think realistically

Once you've decided on a motivation that will work for you, the next step is to embrace new, realistic behaviours and mindsets that will form the basis of your weight-loss and weight-maintenance plan.

The key word here is 'realistic' – that means habits that suit your life and are sustainable.

When it comes to losing a large amount of weight, the best approach is to think slow and steady. Instead of anticipating that you will lose 5kg each week, focus on shedding perhaps 500g, with the overall expectation of losing 20 kilos over a year, if that is your personal goal.

Although 500g a week may not sound like much, experts agree that losing small amounts of weight over time is more sustainable and better for your health than shedding larger amounts in a shorter period. ►

Aim to be ACTIVE OUTSIDE every day, whatever the weather – it's a proven mood booster





PSST... WANT TO KNOW A SECRET?

Exercise physiologist John Felton says resistance training is your secret weight-loss weapon.

Whether you lift weights or work with your own body weight, building lean muscle improves your body's responsiveness to insulin, which helps regulate

BGLs and reduce your chances of being left with loose skin once you're at your goal weight.

Even if you've done strength training before, Felton says joining a gym or a training group with a weights focus can improve your commitment – and results.

The skin you're in

Sometimes the biggest winners at weight loss still aren't grinners when they look in the mirror. People can feel unhappy about residual flaps of skin or stretch marks that may appear more prominent now that they're concentrated over a smaller area.

The good news? Stretch marks do fade over time and some creams containing tretinoin can lighten their appearance. You may also see claims that lasers and intense pulsed light (IPL) therapy can reduce their appearance, but these treatments are expensive and the results aren't guaranteed.

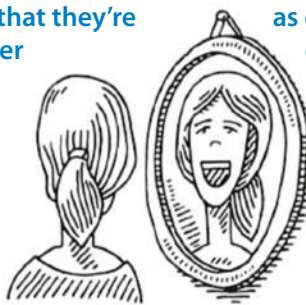
As yet, nothing is known to be able to repair tissue damaged or torn by the

body's rapid growth (which can happen during adolescence, pregnancy or periods of rapid weight gain).

So what about surgery? The fact is, we can't get our skin taken in or repaired as easily as we can our clothing. Although tummy, arm and knee tucks are effective in removing loose skin, surgery is not without risk, so take time to discuss it with your doctor first.

It's a good idea to wait a year or two after significant weight loss before thinking of going under the knife. Time gives your skin the chance to spring back.

The best advice is to work on building lean muscle to fill some of the space between your skin and your frame.



Alter your eating habits

Reset your fridge, pantry, shopping list and portion sizes to suit your weight-loss plan – you can find help with portion control on page 98.

This doesn't necessarily mean a total overhaul

of what you eat – sometimes making small but consistent healthy changes, such as adding more vegies to your shopping basket, ordering fewer takeaway meals or replacing dessert with fresh fruit a few times a week can make a big difference.

Aim to eat nutritionally balanced, home-cooked meals most nights of the week, using fresh produce, grains, legumes, wholegrain bread, low-fat dairy foods, eggs and some lean protein or canned fish. Turn to our handy Menu Planner on page 86 for easy inspiration.

Move it to lose it

Become more active, starting now! Take a walk around your living room during the ad breaks on TV. Bring in the laundry in several smaller loads. Get off the bus one or two stops earlier than usual and stroll home through your neighbourhood.

Every little bit, no matter how small, counts towards getting those scales moving. And aim to get outside for at least half an hour every day, whatever the weather, because being active outdoors is a proven mood booster.

As you become more confident and pick up the pace, exercise will improve your cardiovascular health, says exercise physiologist John Felton.

The key is to build up your fitness safely in stages, and to make movement a part of your everyday routine. And that brings us to...

Track your progress

Record your weight-loss journey in a diary, via a tracking device like a Fitbit, or with an app such as MyFitnessPal, says Sonia Middleton.

Tracking your weight loss or gains, food intake, exercise habits and even your feelings about slimming down not only helps keep you accountable and honest, it can also give you a boost when you're feeling less than motivated.

Make sure you share your results with your GP, diabetes educator or dietitian to give your care team a more detailed picture of your progress and overall health – remember, they're there to help, not to judge.



Put everything in perspective

Achieving a personal goal, whether it's reaching the halfway point of your weight-loss journey, mastering a new healthy recipe that the family loves or successfully completing your first gym session, is always something to be celebrated!

Take pride in your successes and reward them by doing something you enjoy, whether it's a night out at the cinema or buying a new top.

On the flip side, it's important to remember to be kind to yourself if you've had a setback, such as falling off the 'good-eating wagon' or gaining a few extra kilos. Put these moments into perspective by reminding yourself of how far you've come and how worth it the journey is.

If you're finding that you're struggling to get back on track, don't be afraid to call on a trusted friend, family member or your care team for extra motivation or advice. ■

READERS SHARE

'Healthy carbs helped me lose 24 kilos'

Jessica Forsythe, 32, mum of two kids aged five and three, began gaining weight when she was diagnosed with type 1 at age 13.

'I grew up in a time when the treatment was to have three or four servings of carbs with every meal for the insulin you were taking,' she says.

This led to her weighing in at 134kg.

Jessica started using a pump six years ago, but wasn't offered dietary advice to align her food intake with the new technology. Having children made her realise just how much she wanted to improve her health.

Jessica's life changed when her GP referred her to an endocrinologist and she learned that carbs in quantity were not her friends. The endocrinologist and a dietitian joined forces to help her switch to eating fewer, healthier carbs, more protein and healthy fats. They also encouraged her to exercise.

Jessica began doing weights and cardio four times a week. When a new job meant that she couldn't go to the gym as often, she swapped one of those sessions for an hour or so of active fun with the kids.

The hard work has paid off – Jessica has lost 24kg in 12 months and now plans to intensify her exercise to reach her next weight-loss goal.



READERS SHARE

'Mobility issues haven't stopped me'

When Les Stephens, 64, was diagnosed with type 2 seven years ago, he weighed 120kg. He started walking 6km each day and managed to shed an impressive 30kg. However, an injury to his Achilles tendon put an end to his exercise regimen and caused his weight to rocket back up to 98kg. That's when Les decided to get help.

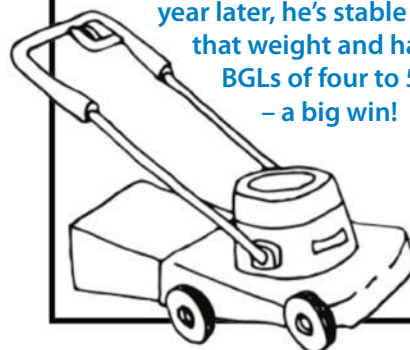
'My BGLs were far too high and I absolutely didn't want to go over the 100kg mark again,' he says.

A dietitian found that Les's diet wasn't unhealthy – he was simply eating too much. So in addition to reducing his kilojoule intake, Les worked around his mobility problems by increasing his incidental activity, such as using a push mower rather than a ride-on model.

He also plays lawn bowls.

'Changing little things can make a big difference,' he says. After one year of a lower-kilojoule diet, Les reached 75 kilos. Another

year later, he's stable at that weight and has BGLs of four to 5.5 – a big win!



Eat yourself **SLIM**

Scale down your portions and *shape up your waistline* with these expert methods – no deprivation required!

Yes! You can eat what you love *and* lose weight. Dietitian and exercise physiologist Gabrielle Maston and dietitian Tara Diversi say that better portion control is the key. Here they share their tips for shedding kilos the easy way

Map your meal

Most people overestimate how big a standard serve is by a whopping 46 per cent. The first step to beating this 'portion distortion' is to have a few handy visual references up your sleeve – literally!



FIST is one serve of salad vegetables, canned legumes or diced fruit.



CUPPED HAND is one serve of rice or pasta, cooked green or orange vegies, or potato.



PALM is one serve of bread, uncooked meat or poultry, or cooked fish.



THUMB is half a serve of hard cheese or one tablespoon of salad dressing.



THUMB TIP is one teaspoon of oil, sugar or butter.

Use your plate as a guide

STEP 1 Divide your plate in half then fill one side with non-starchy vegies or salad. Making this a habit at each meal is a great way to get your five serves of vegies a day.

STEP 2

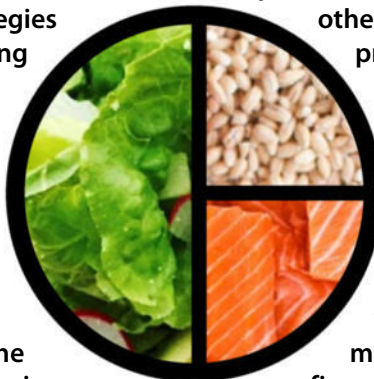
Divide the other half of the plate in half again.

Use one quarter for low-GI, good-quality carbohydrates,

such as wholegrain rice, quinoa or legumes, and the other quarter for lean protein like skinless chicken, fish, eggs or low-fat dairy.

A Canadian study found that people with type 2 who stuck to this method were three times more likely to shed

five per cent of their body weight over a six-month period than those who didn't.



Make smart choices

Now that you know what a healthy-sized portion looks like, try these size-wise suggestions the next time you're...



AT A PARTY

Stay away from the food table! When you do eat, put the healthiest foods on your plate first, because initial choices influence subsequent ones.



AT HOME

Buy plates no wider than 25cm – studies show this will lead you to serve and eat about 22 per cent fewer kilojoules compared with when you use a bigger plate. And always serve up in the kitchen rather than leaving platters on the dinner table.



AT WORK

Avoid eating lunch at your desk. If you're not focused on what you're eating for lunch, your 'food memory' fails to kick in, say UK-based scientists, which means you'll snack more later.



AT THE MOVIES

Scientists have shown that we mindlessly munch on 45 per cent more popcorn when we eat from a large container instead of a smaller one, so BYO snacks or buy the smallest size.

For another trick, try eating with your less-dominant hand – disrupting established eating patterns makes you eat less without even trying. Easy!



OUT FOR DINNER

Choose a low-kilojoule soup as your first course and order an entree-sized dish as a main. Regardless of how hungry you are, you'll eat a third more when you're presented with a larger plate of food. And don't be tempted by 'supersizing' offers. These can contain 100-173 per cent more kilojoules. ■

SWITCH & SAVE

Don't forget to also pay attention to the size and type of drinks you choose

SWAP YOUR...



Large
skim latte
(400ml)

Small
skim latte
(220ml)

= 243KJ SAVED



Large glass
of white
wine (220ml)

Small glass
of white
wine (120ml)

= 284KJ SAVED



Large
fast-food
soft drink
(623ml)

Small
fast-food
soft drink
(340ml)

= 498KJ SAVED



Weight

Diet guru **Dr Michael Mosley** shares his top tips for



Famous for his bestselling books, UK-born Dr Michael Mosley trained as a doctor before pursuing a career in journalism and earning success as an award-winning science presenter.

Then in 2012, the married father of four was told he had type 2 diabetes. 'I was shocked,' he wrote, 'but rather than start on a lifetime of medication, I decided to make a documentary for the BBC in which I would seek out alternative ways to improve my health.'

The result was the program *Eat, Fast & Live Longer* and *The Fast Diet* book. Dr Mosley changed his diet, lost weight and his blood glucose levels (BGLs) returned to normal.

Next, he investigated whether people can lose weight fast and reprogram their bodies in order to prevent or reverse type 2. His findings are published in *The 8-Week Blood Sugar Diet*.

Dr Mosley has been able to maintain a healthy weight, head off cravings and keep his BGLs at healthy levels by utilising various strategies to resist temptation. He explains how in this extract from the book...

I'm sure the main reason I've succeeded in keeping off the weight is that I've gone from gorging on sugary carbs to following a Mediterranean-style eating plan. That, along with increased activity and practising mindfulness, has helped me keep diabetes at bay.

The following are a few other things that are now a way of life for me. They are based on many conversations with diet experts.

1 | We try to sit down at the kitchen table for every meal. If you eat on the run or in front of the TV you will go on eating well beyond the point when you would normally feel full.

2 | I try to eat slowly. It takes time for the food you eat to reach the parts of your small intestine, where cells release a hormone, PYY, that tells your

brain, 'I'm full'. That's why if you eat slowly you will eat less.

I regularly put my knife and fork down for a while and try to wait 30 seconds or so before picking them up again. I also now leave food on my plate when I am no longer hungry. This goes against everything I was taught when growing up.

3 | I don't go shopping on an empty stomach and I aim to fill half the basket, at least, with healthy stuff. I used to kid myself that if I bought a cake or a packet of biscuits I would eat only a small amount. I know that's not true.

4 | I drink soup a lot. It is satiating, cheap and practical. We make big quantities, often out of leftover veg, and keep the unused stuff in the freezer.



Veg out!

no more!

keeping the kilos off once you've lost them

5 | I don't drink lots of alcohol. Alcohol contains plenty of kilojoules and makes you disinhibited, so you are more likely to snack. I have switched to drinking red wine and try to drink only when I am eating.

I also leave the bottle on the other side of the room because I know that I'm less likely to fill my glass regularly if I have to get up.

6 | Keep tempting foods out of the house or out of sight. In a fascinating study, Cornell University researchers found they could predict a family's weight by the foods left out in the kitchen. If breakfast cereals, for example, were visible, the inhabitants were, on average, 9.5kg heavier than people in households where the cereals were put away.

7 | Don't keep your cupboards empty. If there is no food in the house you will probably order a takeaway. Make

sure there's plenty of food around like nuts, yoghurt and eggs. Keep the fridge stocked with vegetable crudité's, such as sticks of carrots, green capsicum or tomatoes, perhaps with some salsa or hummus, for moments when you just have to snack. Put them at eye level in the fridge.

8 | I weigh myself several times a week. Scales can be extraordinarily fickle; sometimes my weight seems to go up and down like a yo-yo. Yet a recent study suggests the more often people weigh themselves the more weight they lose.

9 | Wear a belt. One of the surest ways of telling that you are putting on unhealthy fat is noticing when your belt starts to feel tight again.

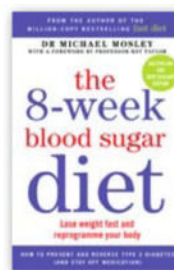
10 | When we go out for a meal, I make sure the waiters never leave the bread basket on the table, or I would just help myself. I stick to one course, with lots of vegetables instead of rice or potatoes. I rarely have a dessert and when I do I always share it with someone else. Research shows a small amount of something sticky and tasty is just as satisfying as eating a large portion.

11 | I always take the stairs and I normally try to run up them.

12 | When I get cravings for something sweet, I buy sugar-free chewing gum. Cravings are all about imagining the tastes and textures of the forbidden food. It is almost impossible to think about the taste of chocolate when you are munching on gum.

13 | Keep busy. Take up a new hobby that will keep your body and mind active. I took up Latin American dancing. It got my heart going and was mentally challenging.

14 | I acknowledge 'three good things'. This is based on an idea devised by American psychologist Martin Seligman. At the end of the day think of and/or write down three things that went well that day and why they went well. Perhaps someone complimented you, or you watched a beautiful sunset. It focuses your attention on the positive, lifts your mood and bolsters resilience. ■



Edited extract from
The 8-Week Blood Sugar Diet by
Dr Michael Mosley,
published by Simon
& Schuster Australia,
paperback RRP \$29.99,
ebook RRP \$12.99.



BEAT SLEEP THIEVES

Do you toss and turn at night or count sheep into the small hours? *Rest easy* by putting the prime suspects in their place!

‘People with disturbed sleep have a higher incidence of diabetes, and people with diabetes have a higher incidence of disturbed sleep,’ says *DL* endocrinologist Dr Sultan Linjawi. ‘Broken sleep can increase stress levels and stress can in turn complicate diabetes management. It’s a vicious cycle.’

Because insufficient shut-eye can make it more difficult to stay on top of your diabetes, it’s important to find out what’s keeping you up. Here are the most likely culprits – and how to overcome them.



Sleep thief #1 Neuropathy

Experiencing prolonged high blood glucose levels (BGLs), or hyperglycaemia, can damage your nerve fibres, resulting in a condition called peripheral neuropathy. Areas that are commonly affected are the toes, feet, legs, hands and arms.

People who have this diabetes-related complication may experience burning, shooting pain; the sensation of pins and needles; and numbness or weakness in their extremities – all of which tend to get worse at night.

Another nerve condition, autonomic neuropathy, affects the nerves that control automatic functions such as breathing and cardiovascular function, digestive processes and continence. This can result in symptoms such as night sweats or needing to go to the bathroom several times a night.

‘Many patients find they are less bothered by their neuropathic pain during the day,’ says Dr Linjawi. ‘This may be because daily tasks offer a distraction, so they are more aware of discomfort at night.’

The good news is there are ways to treat neuropathy. The first step is to try to keep your BGLs in check – this can prevent or delay nerve damage or stop further progression. Mild symptoms can be relieved with over-the-counter, non-steroidal anti-inflammatory medications.

‘If these are ineffective,’ continues Dr Linjawi, ‘you may be prescribed one of a number of medications developed to treat epilepsy or depression, which have also been shown to relieve neuropathic pain.’

‘It’s worthwhile discussing all pain management options with your doctor,’ he advises. ➤

*Don't just lie down and accept sleep issues. **TAKE CONTROL** and reclaim your slumber*

Sleep thief #2

Obstructive sleep apnoea

There's no mistaking the sounds of obstructive sleep apnoea: rattling snores followed by a brief silence as breathing stops, then noisy gasping as the person wakes up and starts breathing again.

Worldwide estimates suggest up to 23 per cent of people with diabetes suffer from obstructive sleep apnoea and as many as 58 per cent may suffer from some type of sleep-disordered breathing.

Sleep apnoea affects up to five per cent of the general Australian population and about one in four men over 30.

The condition can cause a person to wake as often as 30 times an hour. This happens when the tongue and other soft tissues in the throat relax and obstruct the airway. Oxygen levels drop, signalling the brain to rouse the body to start breathing again. These oxygen dips also prompt the release of stress-related hormones such as cortisol and inflammatory substances that interfere with glucose metabolism.

Interrupted sleep also means that people with obstructive sleep apnoea feel tired during the day and are at a greater risk of health problems, including heart disease. 'It is important that sleep apnoea is treated seriously. If ignored, it can have a drastic

effect on efforts to manage your diabetes,' says Dr Linjawi.

If your healthcare provider suspects you have sleep apnoea, you'll be referred to a doctor who specialises in sleep medicine. You'll likely spend a night in a sleep clinic and, if diagnosed, your doctor will recommend an appropriate treatment.

Fortunately, there are many effective treatments for sleep apnoea. 'Some people with mild sleep apnoea experience an improvement if they lose weight and stop smoking,' says Dr Linjawi. (For expert weight-loss tips, see page 92.)

A 2014 Finnish study found that people who lost just five per cent of their body weight (an average of 4.9 kilos) saw a dramatic improvement in their sleep apnoea. Those who kept the weight off had an 80 per cent reduction in the progression of the condition.

For some, sleep apnoea is caused by the jaw's position when asleep. 'If you think this may be the case, it's important that a proper dental assessment is made,' says Dr Linjawi. 'Don't rely on over-the-counter products.' A dentist or orthodontist can fit an oral device.

If the sleep study shows your problem is more serious, and weight loss and stopping smoking have not improved your symptoms, you may need a CPAP (continuous positive airway pressure) machine. A mask worn over the nose or face gently blows air into the back of the throat, which keeps the airway continuously open.

'CPAP is very effective in treating sleep apnoea – but only if the patient uses it properly,' says Dr Linjawi.



Anywhere between 29 and 83 per cent of people prescribed a CPAP machine either don't use it enough to see the full benefits or stop using it because of an ill-fitting mask or other problems.

'For this reason, I recommend patients only buy a CPAP machine from a pharmacy or reseller that allows a trial of multiple machines and masks before committing to the purchase,' says Dr Linjawi.

People with life-threatening cases of obstructive sleep apnoea may need surgery to remove excess tissue in the throat or to move the jaw and chin forward.

Australian studies have shown a new surgically implanted pacemaker-like device that stimulates the hypoglossal nerve in the neck can tone the tongue muscles and prevent the airway from collapsing during sleep.

Sleep thief #3

Restless legs syndrome

For people with restless legs syndrome (RLS), bedtime can be a nightmare. Your legs begin to burn or feel prickly and the sensations are only relieved when you get up and move.

Because symptoms strike mostly at night, people with RLS are robbed of sleep. 'Anything that disrupts the sleep of people with type 1 or type 2 increases stress hormones and makes diabetes more difficult to manage,' says Dr Linjawi. 'Also, our tolerance to pain is reduced when we are tired, making RLS harder to control.'

The condition is sometimes mistaken for peripheral neuropathy, but the two are quite different, says Dr Linjawi. 'RLS is characterised by a "creepy-crawly" feeling.

People are almost indefinitely compelled to move their legs to relieve symptoms.'

Treatment is available through a GP or diabetes specialist. They will normally start with a blood test to check your vitamin B12, magnesium and iron levels. Correcting these deficiencies helps some people control their symptoms. Reducing caffeine and alcohol intake, and stopping smoking, can also help.

If lifestyle changes don't work, the next step is usually a group of drugs known as dopaminergic agents, which have been shown to alleviate moderate to severe RLS symptoms. You may also be prescribed seizure medications,

which treat both the unpleasant sensations and the nerve pain.

'In very rare instances, a patient does not respond to these therapies. In these cases, a very low dose of opioids may be prescribed,' says Dr Linjawi.

Speak to your care team to find a treatment that works for you.



Sleep thief #4

Hypoglycaemia



Low BGLs, or hypoglycaemia, can be a major cause of sleep disruption for people with diabetes. Waking up in the middle of the night with hypo symptoms – feeling sweaty, hungry, dizzy and light-headed – makes it difficult to get a good night's sleep. Your body produces stress hormones in response to the low blood glucose, which can make you more resistant to insulin and ultimately lead to further difficulties in managing BGLs.

The next day, you may find yourself grappling with unusually high BGLs, fatigue and mental foggy, which keeps the vicious cycle going. In extreme cases, night-time hypos can result in seizures, comas or even fatalities.

If you regularly experience overnight hypos, see your doctor or diabetes educator. There are a number of strategies your care team can put in place to prevent them, from changing the timing of your insulin injections or the type of insulin you are using, to improving your injection technique or changing your diet, meal or exercise times.

'Hypos certainly do not have to be par for the course!' says Dr Linjawi. 'You should definitely not just accept them as part of your life.' ■

Easy ways to STAY WELL

Make a date with good health by scheduling these *vital screenings* for you and your loved ones

Most of us find time for regular haircuts or catch-ups with friends but let important health checks slip under the radar. Maximise your wellness and minimise complications by ticking these to-dos off your list.

Health checks for her

Cervical cancer

There are more than 100 strains of the human papillomavirus (HPV), which can cause genital warts and lead to cervical cancer.

☒ **CHECK IT** A Pap smear is done every two years by a GP and is recommended for women aged 18-70 or sexually active under-18s. Put your name on the Pap Test Register in your state to receive a reminder when yours is due.

Breast cancer

This is the most common cancer in Australian women and studies suggest a higher incidence in women with type 2 diabetes.

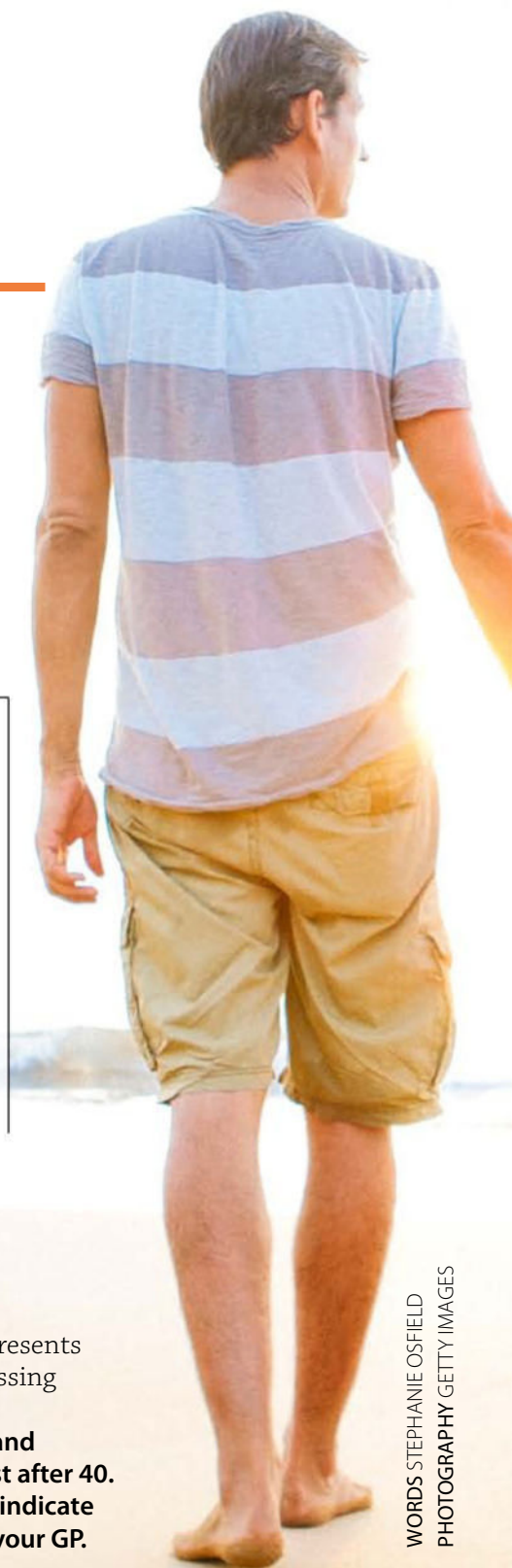
☒ **CHECK IT** Ask your doctor to perform an annual breast check. Aged 50-74? Schedule in a mammogram every two years – they are free for women over 40. Check your breasts between tests to pick up any changes.

Health checks for him

Prostate cancer

Most commonly affecting men over 50, prostate cancer often presents with few symptoms. Seek help if you experience difficulty in passing urine, pain on urination and blood in the urine.

☒ **CHECK IT** The Urological Society of Australia and New Zealand recommends a one-off prostate specific antigen (PSA) blood test after 40. This checks for levels of the PSA protein which, if elevated, may indicate cancer. If you have a family history of prostate cancer, speak to your GP.



WORDS STEPHANIE OSFIELD
PHOTOGRAPHY GETTY IMAGES

Health checks for him & her

Blood pressure

'Uncontrolled high blood pressure can lead to a heart attack or stroke and affect kidney health and function, which can cause complications for people with diabetes,' says Professor Garry Jennings, chief medical adviser of the National Heart Foundation.

 **CHECK IT** Get your blood pressure checked at least once a year, especially if there's a family history of hypertension.

Cholesterol

'Having high cholesterol is a risk factor for heart disease. The risk may be higher in people with diabetes, due to damage caused by elevated blood glucose levels (BGLs),' says Jennings.

 **CHECK IT** 'If you are at high risk of heart disease or have high cholesterol, your GP may recommend yearly checks,' says Jennings. 'If you are low risk and your cholesterol is fine, you may only need a check every five years.'

Weight gain

Carrying excess weight can cause your BGLs to rise and increase your risk of developing heart disease.

 **CHECK IT** Have your body mass index (BMI) calculated and your waist measured every two years.

Bowel cancer

About one in 23 Aussies will develop bowel cancer. Symptoms, such as constipation or diarrhoea, are often ignored. Caught early, up to 90 per cent of cases can be successfully treated.

 **CHECK IT** The Royal Australian College of General Practitioners recommends everyone over 50 takes a faecal occult blood test, a DIY home test, at least every two years. ■

YOUR DIABETES CHECKLIST

Stay on top of your self-management by pencilling these tests into your diary



✓ **BLOOD GLUCOSE LEVELS** Make an appointment with your GP or endocrinologist every 3-6 months for your HbA1c blood test.



✓ **FEET** Have them assessed at least once a year by a GP or podiatrist. Check them yourself daily if you have circulation or nerve issues.



✓ **EYES** See an ophthalmologist or optometrist every two years to stay ahead of conditions such as cataracts and diabetic retinopathy.



✓ **KIDNEYS** Book an annual kidney check with your GP – this may include blood and urine tests.

● People with diabetes tend to have higher blood pressure and twice the risk of developing cardiovascular disease than the general population, according to the Stroke Foundation. Get a free blood pressure check this April at Priceline Pharmacy stores.

Back on top

Steph Prem has had to work harder than most to feel her best self. Steph was at the peak of her sport – a pro snowboarder who'd competed at the Vancouver 2010 Winter Olympics. But a couple of months after the games, while competing in the World Cup Finals in Switzerland, she failed to land a jump and broke her back. What's so remarkable is that she managed to turn that into a positive health journey. She now teaches at her very own fitness and Pilates studio, helping others reach their wellness goals. Here are lessons from a Priceline Pharmacy Fitness Expert who's ridden a steep learning curve.

CAN YOU TELL US A BIT ABOUT YOUR ACCIDENT?

I came off a jump and didn't make the landing correctly. I broke two vertebrae and five ribs, dislocated my hip, tore my hamstring, did severe damage to my pelvis. The injury affected my whole left side, so a lot of the rehab's been about realigning and restabilising myself. Through rehab I found Pilates. Mentally it's been a big challenge because when you're used to doing everything – before I went into snow sports I was a dancer for 15 years – I took my body for granted and had to piece it together again. I'm five years into rehab and I still work with a physio, corrective exercise specialist, chiropractor and myotherapist almost weekly. It's not nearly as painful as it was for the first years but it's now a maintenance program to keep my body operating smoothly.

HOW DID YOU COPE AT FIRST?

I think denial was a really strong part of my toolkit for about two years. I kept pushing through as if I was going to come out the other side a few days, months or years later to compete in snowboarding again. Once I came out of that denial phase and realised I wasn't going back to sport, that's when it hit me the most. To turn the negative into a positive, I had to make a lot of changes and create a more healthy mindset and environment



Steph wears crop top by Running Bare from Rebel Sport.

for myself. That's why I created my wellness business, which is an embodiment of that healthy, happy and nurturing environment.

DID YOU EVER DO PILATES BEFORE THE ACCIDENT?

I come from a dance background, and my old ballet teacher always told us how important Pilates was. But at a young age I never understood it. And then I started professionally competing in snowboarding at 16, [and core strength, promoted in Pilates, is so important for snowboarding]. So there was always an undertone of Pilates even though I wasn't educated in it. After my accident, I couldn't find an exercise that didn't hurt me, but a clinical Pilates teacher sparked my love. [It didn't make me hurt.] So through Pilates I kind of got back again.

HOW MUCH DO YOU EXERCISE?

I can teach up to 28 classes per week at my studio (anything from Pilates to barre to personal training and bootcamp) but that's really just incidental exercise. I do one-to-two reformer or mat Pilates classes per week and two personal training sessions (although I'm a PT myself). I've been working with someone I trust on very corrective-based exercises since my accident. I'm very busy so I like having 'an accountable' and a routine. I stretch and foam roll at home most mornings and try to walk as often as I can.

WHAT DO YOU EAT TO FUEL THIS?

I'm coeliac, so I follow a gluten-free diet. Before I had my accident I wasn't coeliac, I carb-loaded like a true athlete. Then after my injury, my nervous system never came back the same and I was diagnosed with coeliac disease, which apparently is common. They say severe trauma in the body

INJURED OR SUFFER FROM MILD ARTHRITIS?

These might be able to give you some relief. For example, Nature's Own Glucosamine 1500 with Chondroitin is a high-strength formula for arthritis sufferers.



1 NATURE'S OWN[®] Glucosamine 1500 with Chondroitin 120 Tablets, \$29.99;
2 VOLTAREN[®] Emulgel 120g, \$24.99

can do that. I've found a plant-based diet has totally changed my energy and health.

CAN EXERCISE BENEFIT PEOPLE WITH HIGH BLOOD PRESSURE?

Research shows it absolutely can. While getting your heart rate up during exercise, your body releases endorphins (a happy hormone), which give you increased energy, a more positive mindset, and lower stress in your body and mind, which in turn helps lower your blood pressure. Check with your GP if the type of exercise you want to do is OK for you. It doesn't have to be high intensity – an active lifestyle is encouraged. Walking is a given, and if jogging or running aren't your things, try Pilates, yoga, swimming or cycling, which are kinder on your body and joints.

HOW CAN PEOPLE GET INVOLVED IN AUSTRALIA'S BIGGEST BLOOD PRESSURE CHECK?

Priceline Pharmacy has set the mission this month to bring blood pressure down. Get yours checked for free at any Priceline Pharmacy store during April.

WHAT DO YOU LOVE ABOUT THE PRICELINE BRAND?

I come from a sports background which is ageless and forever evolving... just like health and fitness. My injury's what fuelled my passion for health and fitness, and that's what Priceline Pharmacy's mission is, so we're a match made in heaven! Together we can continue to educate that beauty comes from within, and that we must all look after ourselves the best we can on our health and wellness journeys.

For recipe and exercise ideas, see Steph's health blog: premium-performance.com

STEPH'S HEALTH & FITNESS MOTIVATION TIPS

> EXPERIMENT

Health and fitness isn't about short-term fixes – it's about long-term maintenance, so work to find something you love.

> HAVE FUN

People refuse to go to a bad hairdresser, but they'll go to a gym that makes them unhappy. Find a space you feel comfortable in.

> JUST TURN UP

I used to say, back when I used to train people in the park: first step, turn up, and we'll do the rest for you.



TYPE 2

‘I want to help people GET healthy’

After losing 31kg and reversing his *need for insulin*, Rad Kurilic, 45, has embarked on a new career



Was your diagnosis a surprise?

It sure was. Some family members had type 2 diabetes but I never thought it could happen to me. I was overweight – I was 110kg and I’m 186cm tall – and sometimes I was a bit naughty with what I ate, but I wasn’t eating lollies or cakes every day. It never occurred to me that I might be at risk of getting sick.

So how did you know something was amiss?

Whenever my wife, Sam, and I ate out, I’d feel really tired – sometimes to the point of actually falling asleep – within 45 minutes of eating. I didn’t think much of it, but one day I felt really ill and Sam had to call a doctor to our home. He took a urine sample and said I could have diabetes. I said, ‘No way.’ But then I saw my regular GP. He said my sugar levels were high and it was serious, and that was why I’d been so tired.

How did you cope with the news?

Sam and I were pretty shocked. Suddenly we had to go to all of these appointments and I had to start taking tablets. It was like, wow – what is going on? Then, about four weeks later, I was rushed to hospital with a possible kidney or liver infection, which doctors thought was related to diabetes. After two days, my doctor put me on insulin, which I had to inject twice daily.

I was really upset. I’d seen people in my family using needles and the thought of that made it even worse. While I’m not afraid of needles, it felt like everything in my life had suddenly changed.

I then went through a stage where I just stopped taking the insulin. Sam saw it in the fridge and took me to the doctor, who blasted me. He said there are famous sports people on insulin, which was a real wake-up call.

Things didn’t get easier, though, and I ended up in hospital again after collapsing at work with a hypo (low blood glucose levels). That was pretty scary, because until my diabetes diagnosis, I’d never been admitted to hospital.

Did anything help you deal with needing insulin?

My diabetes educator handled it really well. She just passed me the insulin and needle and said, ‘This is how you do it. We’re not going to talk about it until you jab yourself.’ Once I’d done it, she said, ‘See, it’s fine.’ I really appreciated that we didn’t sit around talking, building it up into an even more traumatic exercise.

What lifestyle changes did you have to make?

I had to completely change the way I ate. My parents are from Serbia, so I grew up eating heavy meat dishes with lots of carbs.

*'The best thing has been
SHOPPING for clothes. I'm like
a kid in a candy store!'*



**A BRIGHTER
FUTURE**

'I want to live longer for my kids and beautiful wife,' says Rad, with his wife Sam (above) and children Meki, five, and RJ, one (right).



I started eating less meat and more veges and salads, and drinking lots of water. I cut back my portions and started walking a few times a week. But weight loss just wasn't happening. I only lost about 3kg in three months.

Sam is a consultant with Cambridge Weight Plan and she found it helped her lose weight after having our two children. She asked me to try it and, being a stubborn male, I said no.

How did you finally get your weight where you wanted it?

A few weeks later, I changed my mind. Sam weighed and measured me and I started the program.

It works on meal replacements like shakes and bars, and the consultant guides you through what other food you can have. It was tough in the beginning – you're getting all the nutrition you need, but your body is adjusting to eating less. I had to remember I wanted to live longer for my kids and beautiful wife.

I now have Special K with low-fat milk for breakfast, then a Cambridge shake for morning tea. I'll have a multigrain wrap with chicken and salad and an apple for lunch, then a Cambridge bar for afternoon tea. At dinner, it's a piece of skinless chicken with steamed veges and salad.

What difference has it made to your weight and health?

I lost 31kg in six months. My doctor was over the moon! At first he slowly reduced my insulin and now I don't need it at all. My glucose levels are usually around five, which is exactly where they should be. At 79kg, I'm the perfect weight for my height.

When I was 110kg, I just wanted to sit on the couch. Now I'm full of energy. A couple of times a week, Sam and I put the kids in the pram and walk for about an hour. It's like I'm alive again.

But the best thing has been shopping for clothes. I'm like a kid in a candy store! I used to wear XXL shirts and baggy jeans, but Sam said I should try the stretch slim-line jeans. I couldn't believe it when they fitted. It was like all my Christmases came at once.

I'm so grateful for Sam and the program. I've become a consultant too – I want to help people with stories like mine. So far I have one type 2 client and he's lost 10kg in about seven weeks. It's early days, but it's already been rewarding. ■

Looking for ways to improve your insulin resistance? See page 113.

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

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4 ways to boost SENSITIVITY

No, we're not talking about your emotions! Improving the way your body *responds to insulin* offers big benefits that can really get you in the pink

Judith Williams, 55, had 'every risk factor and all the major symptoms' of diabetes when she was diagnosed with type 2 late last year. 'I was shocked,' she admits, 'but I ate my way into this problem.'

Judith responded in the most positive way possible. 'I was super motivated to lose weight, so I cut out all junk food and gave up adding sugar to anything. I ate more vegetables, salads and fruit.'

'I found excellent low-fat, low-carb recipes and I started walking.

I worked my way up to being able to walk for 30 minutes, which I now do five days a week.'

As a result, she lost 30 kilos in 20 weeks and her fasting blood glucose level (BGL) has gone from 18 to a healthy six. 'I still have sleep apnoea but I am nowhere near as tired as I used to be. I have energy now,' she says.

Being overweight, sedentary, stressed and lacking in sleep are all common factors that can lead to insulin resistance, the underlying problem in type 2 diabetes.

In someone with insulin resistance, the muscles and cells are 'resistant' to insulin, so the body has to make more and more of it to overcome this and keep BGLs normal. Insulin also promotes the storage of fat, so having insulin resistance means that it can be easy to put on weight and hard to lose it.

Like Judith, you can improve your sensitivity to insulin, which may then allow you to reduce your insulin or meds. See overleaf for four ways to benefit – the pay-off is a slimmer, healthier you! ►



1 Eat to beat kilo creep

As your weight increases, so does insulin resistance. The good news? 'If you're overweight (a woman with a waistline of 80cm or more, or a man with a waistline of 94cm or above) then losing just five to 10 per cent of your body weight can greatly improve your sensitivity to insulin,' says endocrinologist Dr John Wentworth from The Royal Melbourne Hospital.

The best way to start trimming your waistline is to work on what and how you eat.

TRY THIS...

- **Up the fibre, lower the GI:** High-fibre foods, such as vegetables and whole grains, are great because they provide a slow, sustained release of energy. Low-GI foods produce a gradual rise in your insulin levels and BGLs, so keep you feeling fuller for longer.

Good choices include basmati rice, quinoa, oats, beans and lentils, and vegies such as carrots, zucchini and green beans. Team them with lean protein for a satisfying meal.

- **Switch to healthy fats:** 'Recently, there has been so much focus on sugar and carbohydrates that people often forget that high fat levels can also increase insulin levels and insulin output,' says Associate Professor Neale Cohen from Baker IDI Heart & Diabetes Institute. 'This is because the beta cells – which produce insulin in the pancreas – also have fat receptors.'

Try to minimise your intake of fats – particularly saturated fats from foods such as butter and red meat – and instead choose healthier fats from olive oil or avocado.

- **Rethink your habits:** While there's nothing wrong with treats, consistently overindulging makes it harder to build insulin sensitivity. Try cutting down on the number of takeaway meals you order and resist mindless munching in front of the TV or computer.

'Socialise with friends over home-cooked meals instead of restaurant fare, which is higher in fat, salt, sugar and kilojoules,' suggests Cohen.



Soothe away stress

Stress can send your BGLs sky-high. 'Your body releases stress hormones, including cortisol and adrenaline, which impair the action of insulin and may also lead you to store more fat around the abdomen,' says Cohen.

Diabetes educator Helen Edwards says practising mindfulness can help you achieve a sense of calm.

To become more mindful, she suggests daily meditation, rhythmic breathing and listening to soothing music to help you slow down and recharge. Aiming to 'live in the moment' can also help.

'Avoid unhelpful thinking styles, such as black-and-white thinking or catastrophising,' she adds. 'This will help you keep events in perspective, so they seem less overwhelming.'

WORDS STEPHANIE OSFIELD PHOTOGRAPHY GETTY IMAGES



3 Make a date to exercise

'Exercise makes every cell more sensitive to insulin so glucose more easily enters your cells,' says *DL* exercise physiologist Christine Armarego. 'Your pancreas then doesn't need to send out as much insulin to manage your BGLs.'

'Your insulin sensitivity peaks 24 hours after you work out. Within 48 hours, it has returned to what it was. That's why daily exercise is best to keep insulin sensitivity at its highest,' she says.

To keep your body challenged and your interest levels high, vary your routine and work out with friends.



Mix it up with...

CARDIO

- **TRY** Walking, swimming, aerobics.
- **WHEN** 3-4 times a week.
- **WHY** 'Cardio uses up glucose and improves heart and lung capacity.'

RESISTANCE TRAINING

- **TRY** Weight training or exercises like planks, push-ups and squats.
- **WHEN** At least twice a week.
- **WHY** 'This improves strength and uses up the glucose in the muscles.'

HIGH-INTENSITY INTERVAL TRAINING (HIIT)

- **TRY** Short bursts of exercise followed by a 10-second rest.
- **WHEN** Once or twice a week.
- **WHY** 'HIIT can help you use up more glucose in a shorter period.'



4 Book in bedtime

In a recent US study, after four nights of reducing sleep from 8.5 to 4.5 hours a night, the fat cells in healthy, lean adults became 30 per cent less responsive to insulin, indicating the start of insulin resistance. There's no better reason than that to aim for at least seven hours of good-quality kip each night!

For better rest, follow these tips by Dr Siobhan Banks, sleep researcher at The University of Western Australia...

- **Build a sleep routine:** 'Aim to rise and retire at the same time of day. This keeps your body clock synchronised.'
- **Cut back on caffeine and alcohol:** Stimulants such as coffee, energy drinks and chocolate can delay your sleep onset. 'Alcohol can interrupt your sleep cycle or wake you up later with thirst.'
- **Minimise light:** 'Bright lights and computer screens can suppress levels of the sleep hormone melatonin, making it harder to fall asleep.' So switch off and get some shut-eye! ■

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Toni Eatts, **Editor**

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PUMPED FOR CAMP

Type 1 takes a back seat to fun as kids head off on an *adventure of a lifetime*

It's a warm summer morning and 65 excited children are arriving at a beachside campsite in Victoria. It's as loud as you would imagine – there are shouted greetings, high-fives and parents issuing last-minute reminders to kids to wear sunscreen and brush teeth. It's just like every other school holiday camp – except these children all have type 1.

For some, this is the first time they will be away from their parents since their diagnosis. For others, it will be the first time they have ever met another person with type 1.

Over the next five days, these kids will try surfing, glide on flying foxes, go horseriding, swim with dolphins, hike in nature and shuffle awkwardly around each other at a disco.

Blood glucose checks are the norm, beeping pumps don't raise an eyebrow and counting carbs before meals is expected – in fact, those who don't need to inject insulin or dial up their pump before sitting down to lunch are considered a little weird!

They'll all leave exhausted but exhilarated by the things they have achieved and the realisations they've made that diabetes doesn't need to stop them from having a go at anything.

Run by Diabetes Australia and held around the country throughout the year, diabetes camps are about two things: having fun and reducing the isolation of living with diabetes. There is often an instant connection between the kids as they see familiar blood glucose meters or insulin pumps.

'Diabetes camps are an opportunity for kids with type 1 to be surrounded not only by other children who understand

what they go through on a day-to-day basis, but also many leaders who are also living with diabetes – they are terrific role models,' says diabetes educator and camp program leader Elizabeth Dlugosz.

Georgie Peters is one of these role models. She was diagnosed with type 1 as a young adult and has been a leader on seven diabetes camps.

'These camps provide a sense of community that kids with diabetes don't get elsewhere,' she says. 'Even with a supportive family, diabetes can be isolating.'

'Camp is a place where the kids don't need to explain themselves. The friendships made are lifelong



WORDS RENZA SCIBILIA PHOTOGRAPHY GETTY IMAGES;
COURTESY DIABETES VICTORIA



Leaps and bounds

– I still count people from my “camp family” as some of my best friends. These kids are unlike any others – they are resilient, mature and enthusiastic. It’s a pleasure and an honour to spend time with them.’

One of the children under Georgie’s care this year is 15-year-old Chloe Hart. ‘I loved it!’ Chloe says of her first camp. ‘It was great to be around people who understand what it’s like to live with diabetes.’

Jacob Plummer, also 15, says, ‘It was my mum’s idea to sign me up for camp. I wasn’t too happy about it at first but now I’m glad she encouraged me to go. It’s so much fun.’ ■

GET PACKING!

Diabetes Australia’s camps for children and adolescents living with type 1 are held nationally at various times throughout the year. They are for kids aged between four and 17 years old. Some states also run camps for families of children living with diabetes.

Camps are staffed by professionals including credentialled diabetes educators, dietitians and doctors, as well as camp leaders who supervise the children at all times.

Contact the diabetes organisation in your state for more information or go to diabetesaustralia.com.au



THE *win! win!* WORKOUT

Windows need washing? Floors desperate for a sweep?
Turn your chores into *fat-burning* opportunities

You don't need a gym membership to get in shape. Household tasks like gardening and vacuuming burn kilojoules, build endurance and help increase your strength.

Studies show that if you do 60 minutes of chores each day, you're well on your way to improving your waistline and your fitness – and you'll give your diabetes management a healthy boost, too. Here's how...



Gardening

'Gardening increases your mobility and flexibility, and it's great for strength,' says exercise physiologist Professor Steve Selig. 'It's likely you'll spend 30 minutes in the yard, so it's a reasonably long workout.'

● **TOP TIP** Sunburn can wreak havoc with your blood glucose levels (BGLs), so wear sunscreen and a hat at all times.

● **ENERGY BURNED** 142kJ per 15 minutes.



Washing the car

According to Selig, soaping up your sedan helps build endurance and strength as you're constantly moving and switching arms.

● **TOP TIP** 'When you're using your legs to bend, make sure to engage your core for stability and to protect your back,' says Selig. 'Be aware of over-reaching or over-flexing your back, which can hurt your spine.'

● **ENERGY BURNED** 142kJ per 15 minutes.



Ironing

Unlike other household chores, ironing is static (you don't move). It's also lower intensity and uses fewer muscles. To get the most out of it, stand up. 'Try balancing on one leg at a time or walk on the spot,' suggests Selig.

● **TOP TIP** To help keep your arms moving, leave your basket of ironing on the floor rather than piling it on the board.

● **ENERGY BURNED** 92kJ per 15 minutes.



Vacuuming

Just like mopping and sweeping, vacuuming builds core strength because you have to engage your abdominal muscles.

● **TOP TIP** 'Make sure your vacuum is ergonomically sound and moves around easily with you to help reduce strain,' says Selig.

● **ENERGY BURNED** 180kJ per 15 minutes.



Window cleaning

'Washing windows is good because you can swap between your left and right arms, which helps build strength,' says Selig.

● **TOP TIP** To stay safe, only wash ground-level windows. Get the professionals in to do the rest as ladder accidents are common and can result in a serious and debilitating injury.

● **ENERGY BURNED** 142kJ per 15 minutes.



Putting out the bins

'This incorporates active travelling (walking up and down the driveway to the curb). You need to use your core to push or pull the bins, plus you use your arm and shoulder muscles, as well as your legs,' says Selig.

● **TOP TIP** Double your workout by wheeling your bins out one at a time.

● **ENERGY BURNED** 109kJ per 15 minutes. ■



Let's get to the point

It's important to know your needles. A quick health check of the pen needles you use to inject your diabetes medication will keep you up to date with the latest technology and ensure a healthy injection technique

**Is your injection technique hitting the mark?
Take a look below to find out if your pen needles
are helping you in managing your diabetes.**

QUESTION	REASON	GUIDANCE
Do you know the brand of your insulin pen needle?	You may not be using the latest technology which can affect your injection experience. There may be needles available that are better suited to you, so it's worth investigating.	Check your current box of pen needles for the brand and length of pen needle you're using. Have a chat with your Diabetes Educator or other healthcare professional to ensure you're using the most suitable needle.
Are your needles 6mm or shorter in length?	Shorter needles reduce the risk of your medication being injected into the muscle. ¹ Medication injected into muscle can result in hypos, pain, bruising & bleeding. ¹⁻³	Consider changing to the BD Ultra-Fine™ pen needle 4mm or BD Micro-Fine™ 5mm pen needle to ensure your medication is injected into the fat layer to avoid unnecessary complications. ^{1,3}
Are you using a needle with a 5-bevel tip?	Most needles feature a 3-bevel needle tip. A 5-bevel needle tip has been shown to ease into the skin with less force and is significantly less painful. ^{4,6}	Consider changing to a BD Ultra-Fine™ 4mm pen needle with a 5-bevel needle tip for a more comfortable injection experience. ^{4,5,6*}



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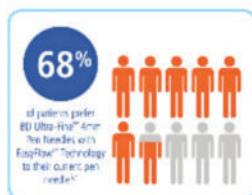
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pens.[†] The BD Ultra-Fine™ 4mm Pen Needle is the smallest and thinnest needle in the BD range, and is suitable for most people with diabetes, including children and those who are overweight.^(1,4-7)

The BD Ultra-Fine™ 4mm Pen Needle has been shown to significantly reduce pain, is easier to use and provides a faster, more comfortable injection – especially if you have limited hand strength.^{4,5,6*}

Talk to your diabetes healthcare professional or visit your local NDSS outlet for more information osd.ndss.com.au/search/

5-bevel Technology for a more comfortable injection^{4,6}



BD pen needles are compatible with all brands of insulin pens[†]

Consumers should seek advice from their Healthcare Professional regarding treatment options. *Compared to standard BD thin wall needles. [†]Compared to BD 3-bevel pen needles ¹All insulin pens at February 2016.

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Always consult your doctor or healthcare professional regarding treatment of your diabetes.

1. Gibney M, Arce C, Byron K, Hirsch L. Curr Med Res Opin. 2010; 26(6): 1519-1530 2. Australian Diabetes Educators Assoc. Clinical Guiding Principles for Subcutaneous Injection Technique. October 2015. 3. Frid A, Hirsch L, Gaspar R, et al. Diabetes Metab. 2010; 36: S3-S18. 4. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. 5. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923-933. 6. Lo Presti D, Ingegnosi C, Strauss K. Pediatr Diabetes. 2012; 13(7): 525-533. 7. Bergenstal R, et al. Mayo Clin Proc. March 2015; 90(3): 329-338.

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How to beat NEEDLE PHOBIA

In her 37 years of living with type 1, diabetes educator and counsellor Helen Edwards has battled – and overcome – her fear of needles.

Here, she shares her tips for *making peace with injections*

No-one actually *likes* needles. If you need to inject insulin but are feeling apprehensive because you don't want to cause pain to yourself or a loved one, you are not alone. Perhaps you've had a bad experience with injections in the past, or are worried about the impact insulin will have on your body. Remember, all of these reactions are entirely normal.

When I was diagnosed with type 1 at age 12, I was already terrified of needles, thanks to a painful experience in early childhood. On the day I had to inject myself for the first time, I sat crying on the bed for what seemed like hours, until the nurse finally screamed at me to 'just do it'.

Thirty-seven years and thousands of needles later, I still hate anyone else injecting me, but I have become comfortable with injecting myself.

If this sounds familiar, or you are new to injecting yourself or your child and want to cut down on the fear factor, here are the tips that worked for me. Hopefully they can help you develop a better relationship with your needle, too.



PHOTOGRAPHY
GETTY IMAGES

TRY THIS...

Create a sense of calm: Do you experience symptoms of anxiety (dry mouth, dizziness, heart palpitations and sweating) before injecting? It may help to establish a relaxing routine.

Start by sitting quietly and breathing deeply until you feel calm. Once you're relaxed, visualise sitting in the room where you're going to have your injection and feeling how you want to feel – calm and in control. Before getting out the needle, picture yourself doing the injection successfully.

Practise this routine regularly and you'll really see results – it's amazing how much it can change the experience over time.

TRY THIS...

Find a distraction: The longer you sit looking at the needle hovering over your skin, the more you will freak yourself out! Give distraction techniques a go, such as tuning into a TV program or starting a conversation.

TRY THIS...

Fine-tune your technique:

Diabetes educator and pharmacist Cindy Tolba says it's normal to experience discomfort from time to time when you're injecting. However, if you're feeling pain each time you take a needle, you're more likely to develop a phobia about injecting. These pain-busting tips may help...

- Wait until your insulin has warmed to room temperature (about 25°C) before injecting as cold insulin can cause discomfort.

- Keep your muscles relaxed while injecting, and apply pressure to the site after removing the needle.

- Divide and conquer! If you need to inject large doses of insulin, ease the process by splitting the amount into two.

- Speak to your care team about using a smaller, finer needle – it may help minimise pain.

- Change your needle! Using the same one over and over will make it blunt and painful.

- Reduce the speed and force at which you inject, as it may hurt if the insulin penetrates your skin too quickly. Using an automatic injection device can help.

TRY THIS...

Make the switch: If you use syringes, consider changing to a preloaded insulin pen. It's more accurate and less daunting to use as only the very tip of the needle is visible when injecting.

TRY THIS...

Schedule some practise: Build your confidence and technique by practising between needles – do air shots or inject into fruit.

If you've just started giving your child needles, or are helping them transition to injecting themselves, invest in a soft toy such as JDRF's Rufus the Bear or Diabetes Counselling Online's Diabetes Dino and Dragon. These cuddly – and comforting – diabetes helpers have injection sites that kids can practise on.

TRY THIS...

Seek help: Let your care team know if you are struggling – they are there to help, not to judge. ■

READERS SHARE...



'What made me feel better'

● **'I was absolutely terrified of needles. My awesome diabetes educator practised putting air needles into me for six weeks before it was my turn. When the big day came, it was a total success. Now, I'm an expert at administering my injections!'**

– Lisa, type 2

● **'When I was first diagnosed, my diabetes educator told me that my needle was my friend and I needed it to help me get better. After 28 years, I still have my friend with me. I've stayed in hospital twice with ketoacidosis because I forgot to have my friend. It helps that my needle is only 4mm long with a 32-gauge thickness. My first needle was a whopping 12mm!'**

– Mary, type 1

● **'I always hated needles – in my mind, they were long metal spikes. I delayed as long as I could before going on injectable medication as I cringed at the thought of having to inject myself twice daily. In reality, it's a tiny, tiny needle attached to a tube. I can hardly feel it going in and I feel so much better with the right treatment.'**

– Hilda, type 2



TYPE 1

‘I WON’T LET
diabetes
control me!’

Marathon man *John Thompson, 56*, was diagnosed with type 1 late in life, but his passion for running – and helping others – keeps him on track

So you didn't find out you had type 1 until you were 40...

That's right. I was a late starter. I was running a 21km half marathon and for the first time in my life, I couldn't finish it. I pulled out at 18km and just sat in the gutter, exhausted. My wife Kerri tried to encourage me, saying I only had another three kilometres to go, and I said, 'It's not going to happen – something's not right here.'

Were you diagnosed straight away?

I went to see the doctor and explained I was having difficulty reading the newspaper. I was also drinking heaps of water and running to the loo. The doctor

told me to get my eyes checked and left it at that. So I went to an optometrist and they recommended I get a blood test.

It turned out my blood glucose level (BGL) was 32 (normal is between about 4 and 8mmol/L). I found a good specialist and a new GP the following week. My eyes went back to normal and I didn't wear glasses for another 10 years.

How did you react to the news?

It probably should have slowed me down, but it didn't. I was told to ease up on the exercise, but I'd already paid about \$100 to enter the Melbourne Marathon. I didn't want to waste my money, so eight weeks after

I was diagnosed, I ran the full 42km in 3.5 hours. I did regular blood tests all the way, ate jelly beans and wore an SOS badge.

I had run the Melbourne Marathon for 10 consecutive years before my diagnosis and I did it for five years afterwards, although I ended up in hospital a couple of times because of low BGLs and dehydration. The doctor said, 'You shouldn't be doing this – you have diabetes.' But I don't think diabetes was entirely to blame – I didn't drink enough water or do enough training in the heat.

What exercise do you do now?

I used to run up to 100km a week and played squash, but I've cut

MY STORY *type 1*

BEST FOOT FORWARD

'You have to deal with diabetes the best you can as it's not going away,' says John Thompson, with his wife Kerri (right) and his jelly babies stash (below). 'I have so many biscuits and lollies in my car, I could live in there for a month!' he jokes.



down a bit on my competitive sport as I'm dealing with a back problem and the doctors want to fuse my spine. That's stopped me running long distances for now, but I've got one more marathon left in me. It's not over yet!

It sounds like you coped well with your diagnosis?

No, not at all. There is no history of diabetes in my family and you could have printed my knowledge of it on a postage stamp. The diagnosis came as a major shock.

I've also always had a serious problem with needles. I'd sit for 10 minutes trying to give myself an injection and keep pulling away. For a while, rather than give myself an injection, I just wouldn't eat. I really wasn't coping and for the first week



I relied on my diabetes educator to give me all the injections. It wasn't easy, but I eventually decided that I had to do it myself. I had 10 years of needles before I went onto a pump, which was the best thing I ever did.

Why did you wait so long before opting for a pump?

I didn't want to depend on a pump to look after me, but my diabetes educators always encouraged me to try one. Eventually I decided to give it a go. My levels are more stable now and my HbA1c number has gone down. I need fewer needles and I enjoy the freedom of being able to eat whenever I want.

I'm still vigilant with my testing. I do it prior to all meals and 10 or more times a day when I'm very active. I had to get written permission from my diabetes educator to get more than the standard allocation of subsidised strips.

I refuse to get caught out so I carry jelly beans everywhere.

I have so many biscuits and lollies stashed in my car, I could live in there for a month!

Tell us about the other people you've met with type 1...

A few years ago, I discovered an online community called HypoActive, which encourages people with type 1 to increase their fitness (hypoactive.org). Once a month we get together for exercise. We have a coffee afterwards and talk about which energy gels or drinks people are using, how they handle hypos and the rest of it.

It's very relaxed and everyone is keen to help everyone else. It's inspiring too, seeing what exercise everyone else is doing. You think, 'If they're doing it, why can't I?'

Any advice for newly diagnosed sporty types?

Don't be defeated. Get support from others with type 1 and be willing to offer assistance. Diabetes affects people in different ways but everyone benefits from moral support.

You have to deal with diabetes the best you can as it's not going away. I do everything by the book – I regularly see the doctors and podiatrist, do my testing, and run with food supplies, tester and SOS badge. I won't let diabetes control me and it's not going to dictate my life. ■

Have diabetes and want to share your story?

Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will *thank you!*



1 See the light

Q Help! Why is my eyesight so blurry?

ANSWER 'There are many possible reasons and the cause will depend on your age, health conditions and your family history,' says *DL* ophthalmologist Dr Angus Turner.

'Everyone with diabetes needs an eye check, whether they have good eyesight or not. This should happen at the time of diagnosis and then regularly, as advised,' he says.

The four most common causes of blurry vision are:

AGEING If you're over 40 and are struggling to read a book, you may have presbyopia. This

common condition is caused by a loss of elasticity in your eye's lens and can be corrected with glasses.

In rarer cases it could be a cataract. 'As people age, the eye's lens can become cloudy – this is called a cataract,' says Dr Turner. 'Surgery can provide excellent improvements.'

YOUR DIABETES Having high or very low blood glucose levels (BGLs) can cause blurred vision. Maintaining steady BGLs can help prevent problems.

GLAUCOMA 'This condition causes a gradual loss of vision, starting in the periphery of your eyes,' says Dr Turner. Glaucoma cannot be reversed, however it can be treated.

MACULAR DEGENERATION 'This is like "wear and tear" of the central part of the retina at the back of the eye, known as the macula. It is often gradual and may be slowed with good diet, including fish and leafy vegetables,' says Dr Turner.



Eyes on the blink?



Stop the sniffles

DL dietitian and diabetes educator Dr Kate Marsh shows you how to increase your immunity and get the jump on winter colds and flu

EAT RIGHT

While following a well-balanced diet is a trusted prescription for general good health and wellbeing, a few key nutrients are particularly important for your immune system. Getting enough of these over winter may help reduce your risk of becoming sick or shorten your recovery period if you do end up in bed with a bug.

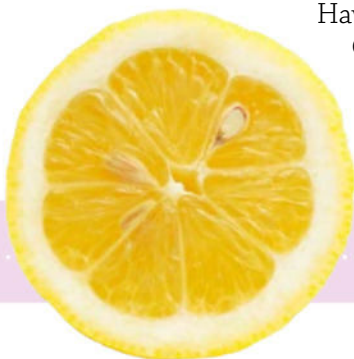
Amp up your intake of:

VITAMIN C from citrus fruits, kiwifruit, berries, capsicum, tomato, broccoli and spinach.

ZINC found in fish, seafood, lean meat and poultry, legumes, whole grains, nuts, seeds and dairy foods such as milk, yoghurt and cheese.

VITAMIN A in yellow-orange and dark green vegetables such as carrot, pumpkin, sweet potato and spinach.

VITAMIN D from fatty fish, eggs and dairy. However, most of our vitamin D comes from the action of sunlight on our skin, so going for a walk at midday in winter can help to maintain healthy levels.



EXERCISE REGULARLY

A study has found that regular, moderate-intensity exercise (20 minutes or more five days a week) can reduce your risk of developing a cold by more than 40 per cent, and if you do get sick, the symptoms will be less severe.

Moderate-intensity exercise (think brisk walking, cycling and swimming) gives the best results. Very high-intensity exercise, such as running, can be a stress on the body and may temporarily reduce your immunity.

SLEEP WELL

Insufficient sleep can have a negative effect on your immune system. In fact, a recent study found that those who slept for less than six hours a night were more than four times more likely to develop a cold compared with those who managed seven hours or more.

Have trouble drifting off?

Get on top of your sleep issues with our tips on page 102. ➤



Tuck into citrus fruit for an immune-boosting hit of vitamin C. You may discover a new ZEST FOR LIFE!



Be strokes ahead of the game

Reduce your stroke risk by ticking those better lifestyle boxes

Know someone who has had a stroke or have you had one yourself? The Stroke Foundation says one in six people will have a stroke in their lifetime. Having diabetes or pre-diabetes can almost double your risk, so it's vital to stay switched on about your health.

Know your risk

Your stroke risk is also elevated if you're male, over 65, have a family history of stroke or a condition such as an irregular pulse.

But there is good news. 'Some of the biggest stroke risk factors – high blood pressure and cholesterol, obesity, smoking – are things we have control over,' says Stroke Foundation clinical council chair Dr Bruce Campbell.

Build healthy habits

'Everyone should consider making small changes to their lifestyle,' says Dr Campbell. 'Maintain a healthy weight, don't smoke, keep your blood pressure down, exercise regularly and cut back on alcohol.'

Maintaining stable BGLs is also important, so talk to your care team if yours fluctuate.

● **TOP TIP** 'During April, Priceline Pharmacy is partnering with the Stroke Foundation to offer free blood pressure checks at Priceline Pharmacy stores and events around the country,' says Priceline pharmacist Edward Tanzil. A blood pressure check is quick and easy, and you'll have your results in minutes. Go to priceline.com.au/mission-health



Up your energy

Give yourself a natural lift with these simple dietary tips from Dr Kate Marsh – no caffeine required!



DON'T CUT CARBS

They are your energy foods!



EAT BREAKFAST

It's your fuel to start the day.



STAY HYDRATED

Water is the best choice.



CHOOSE LOW-GI CARBS

These are digested slowly for longer-lasting energy.



DON'T SKIP MEALS

Aim for small, regular meals and snacks across the day instead.



Listen to your liver

This hard-working organ gives you another reason to slim down

Some medical conditions make themselves known immediately, while others have few or no symptoms, so you could live with them for months or even years before being diagnosed. One of these is non-alcoholic fatty liver disease.

'Fatty liver occurs when too much fat accumulates in the liver cells,' says DL GP Dr Gary Deed. 'In non-alcoholic

fatty liver disease, diabetes, as well as rapid weight gain or loss, can cause glucose levels to fluctuate, so the liver cells are unable to process energy or metabolise easily.'

As having type 2 diabetes increases your risk of the condition, it's important to be aware of it and to look after your liver.

In addition to keeping your BGLs on target and taking your meds, Dr Deed says maintaining a healthy weight is the best thing you can do.

'If you are overweight, try to lose 5-10 per cent of your body weight slowly through lifestyle changes,' he advises.

Turn to page 92 for expert tips on safely shedding excess kilos. ■

WHAT HAPPENS NEXT IS UP TO YOU



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Better days AHEAD

If you sometimes feel that your diabetes is winning, don't despair!
Just a few simple adjustments can help you *get back on track*

Managing diabetes can feel like a full-time job, admits diabetes educator and counsellor Helen Edwards. 'I've had type 1 since 1979 and I still frequently struggle to find a balance between diabetes, my family, career and everything else in my life,' she says.

If that constant juggle sounds familiar, you're not alone, but there are ways of making it easier. Here, Helen Edwards, along with *DL* endocrinologist Dr Sultan Linjawi and dietitian Dr Kate Marsh, shares her advice on getting back in charge of your life – and keeping diabetes in its place.

WHAT TO DO WHEN...

Your BGLs aren't where you want them to be

Sometimes blood glucose monitoring can seem like a test of how well you're managing your diabetes. If you're not seeing the numbers you want, it can leave you feeling anxious or down about yourself. The temptation may then be to avoid monitoring altogether as a way of 'rebellious' against diabetes.

If you find yourself in this situation, it could be time to rethink your approach. If you are doing lots of checks, try doing fewer, rather than none. This will give you some time out while still helping you maintain control.

It might be worth tuning into the thoughts that run through your head, too. Instead of using words such as 'good' and 'bad' when thinking about your numbers, try using 'high' and 'low' instead.

● **Ask an endocrinologist:** 'The most critical thing is not to get too despondent,' says Dr Sultan Linjawi. 'Remind yourself that not everything goes to plan. Knowing there is a problem allows you to

take steps to correct it. Looking for patterns is a great way to figure out what's going on with your levels. Are your BGLs high in the morning? Then it's not likely to be a food issue as you have fasted overnight. It's more likely that your medication needs to be reviewed, or that you may need to start taking insulin if you have type 2.

'Are your BGLs jumping up after meals? Your glucose levels should return to a safe range (say 4-9mmol/L) two hours after eating. If they haven't, then the kinds of food you're eating, or more likely the quantity of a particular food, may be responsible. Remember, it's never too late to make changes!' he says.

WHAT TO DO WHEN...

You're sick of counting carbs

For people with type 1 and those with insulin-controlled type 2, counting carbs can be a great way of achieving more balanced BGLs. On the flip side, however, constantly thinking (and worrying) about your next snack or meal and whether it's going to spike your numbers can feel all-consuming and, ultimately, rob you of some of the pleasure of eating.

To help keep your BGLs where you want them – and keep you enjoying what's on your plate – think like the Boy Scouts and 'be prepared' with these food-friendly tips...

● **Take a course:** If you're new to carb counting or would like to fine-tune your approach, consider signing up for a Dose

Adjustment For Normal Eating program (dafne.org.au) or the teenage equivalent, TEAM T1 (teamt1.org.au). Led by medical professionals, these programs will help you adjust your insulin dosage to what you're eating.

● **Check it out:** When you're grocery shopping, make a habit of checking nutritional panels. That way, there aren't any surprises when you get home.

● **Use technology:** Planning a visit to a family restaurant or the food court? Head online before you leave the house and check out the nutritional information on your favourite food outlet's website. Or, you could consult an app such as CalorieKing or MyFitnessPal. These handy helpers include detailed nutritional information on everything from sandwiches to international cuisine, and can

WHAT TO DO WHEN...

You feel alone

No matter how it happens, being told you have diabetes is a shock and can provoke feelings of anger, grief, denial, fear and anxiety. These feelings can increase if you don't feel that your loved ones are supporting you.

Don't suffer in silence – talk to them about how you are feeling and let them know what support you need.

It can also help to reach out to other people living with diabetes. Ask your diabetes educator to recommend a local support group, or join an online community such as

DL's Facebook page or one of the various groups run by Diabetes Counselling Online.

● **Ask a diabetes educator:** 'It's like driving a car – sometimes you want to put your diabetes in the back seat, or the boot, for a while!' says Helen Edwards. 'Other times you are okay with it being next to you in the passenger seat. Getting the right people in the car with you, and making sure you are headed wherever it is you want to go in life, will help you embrace diabetes as a healthy part of your life.'

be downloaded for free via Google Play or the App Store.

● **Read all about it:** DL takes the guesswork out of calculating the carbs in the food you make at home by doing it for you! Turn to page 86 for great meal ideas.

● **Ask a dietitian:** 'Consider measuring the carbs in your commonly eaten foods just once, and then keep a list of them handy so you don't need to measure every time,' suggests Dr Kate Marsh. 'If you spend some time up front weighing and measuring, you will get better at judging carbs by sight and carb counting will become less of a chore.' ■

Helen Edwards is the founder of Diabetes Counselling Online. Visit diabetescounselling.com.au for more.

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Check out these products. They may make managing diabetes easier



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⁵ Compared to standard BD thin wall pen needles.

⁶ Compared to standard BD 3-bevel pen needles.

References: 1. Aronson R. Diabetes Technol Ther. 2012; 14(8): 741-747. 2. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335.

Consumers should seek advice from their Healthcare Professional regarding treatment options.



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WEIGHT NO MORE

Not all meal replacements are the same! Cambridge Weight Plan, recently voted by the Australian public as 'Best Weight Management Program of 2015', is scientifically proven to help reverse type 2 diabetes in overweight people. Independent research recently conducted at the University of Sydney showed that after eight weeks on the program, people had lost 11kg and reversed their risk of developing diabetes. Visit cambridgeweightplan.com.au

Good to *know*

Say what? If you're not always sure about the *terms we use*, here's an easy rundown



➔ **BLOOD GLUCOSE LEVEL** (BGL)

This refers to the amount of glucose (a type of sugar) in the blood. Everyone has glucose in their blood, but it is usually kept tightly controlled by the hormones insulin and glucagon. In someone with diabetes these hormones are not produced or don't work properly, so their BGLs can rise too high and, with some types of medication or insulin, drop too low. A normal BGL is between about 4 and 8 millimoles per litre (mmol/L).

➔ **CARBOHYDRATE**

Along with fat and protein, carbs are a major source of energy in our diet. They are found in breads, cereals, grains, starchy vegetables, legumes, fruit and some dairy products. Carbohydrates break down to glucose during digestion and raise BGLs, providing the body with energy.

➔ **CARBOHYDRATE EXCHANGE**

This is a way of measuring the carbohydrate in foods. It's used in diabetes meal planning to help manage BGLs and to match carb intake with insulin or medication. An 'exchange' is the amount of food that contains 15g of carbohydrate. For example, one average slice of bread, one medium apple and 300ml of milk each contain 15g of carbs, or one carb exchange.

➔ **DIABETIC KETOACIDOSIS** (DKA)

Usually only in type 1 diabetes, DKA occurs when ketones (the product of fat breakdown) build up in the blood and make it acidic due to lack of insulin. It can be life threatening.

➔ **GLYCEMIC INDEX** (GI)

The ranking of carb foods according to the speed at which they cause BGLs to rise and fall. Foods that are quickly digested and absorbed are high GI, while low-GI foods break down slowly, gradually releasing glucose into the bloodstream.

➔ **HBA1C**

This is a blood test that reflects the average amount of glucose in your blood over the past 2-3 months.

➔ **HYPERGLYCAEMIA**

A condition where BGLs are higher than normal, it can result from factors such as not taking enough medication or insulin, eating more or being less active than usual, stress or illness. Symptoms include thirst, frequent urination, fatigue and weight loss.

➔ **HYPOGLYCAEMIA**

This develops when BGLs drop too low. It occurs in people treated with insulin or some oral medications. Symptoms include feeling dizzy, shaky and confused. Treat it immediately by eating quickly absorbed carbs, such as glucose tablets or jelly beans.

ABOUT YOUR TYPE

TYPE 1

- A condition that occurs when the body's immune system destroys insulin-producing cells in the pancreas, causing blood glucose levels to rise to dangerous levels.
- **Treatment:** Insulin by injection or with a pump.

TYPE 2

- Blood sugar levels rise because the pancreas doesn't produce enough insulin or the body doesn't respond to insulin, known as insulin resistance.
- **Risk factors:** Family history, being overweight, or of an ethnic group prone to diabetes, such as indigenous people, those from south-east Asia, India and the Middle East.
- Type 2 can often initially be managed with diet and exercise, but most people will need medication, and possibly insulin, with time.

GESTATIONAL

- This develops during pregnancy, but usually disappears after birth. These mothers have an increased risk of type 2 diabetes later in life. ■

BREAKFAST

- 79 Cranberry and almond muesli ●
- 88 Mocha shake ●

SNACKS

- 89 Cinnamon and honey warm milk ●●
- 89 Crackers with cheese and apple ●
- 64 Green smoothie ●●
- 84 Pear, ginger and dark chocolate muffins ●●
- 84 Pear, rhubarb and cinnamon muffins ●●
- 89 Ryvitas with ricotta, gherkin and tomato ●

LIGHT MEALS

- 88 60-second lunch salad
- 84 Pear, white bean and blue cheese salad ●●
- 64 Potato, leek and spinach soup ●●
- 66 Ricotta and spinach triangles ●●

STARTER

- 40 Salmon and pumpernickel bites

MAINS

- 76 Beetroot, lamb and goat's cheese risotto ●
- 36 Caponata ●●●
- 37 Chicken and mushroom lasagne ●●

- 57 Chicken, corn and broccoli pasta bake ●●
- 56 Curried prawns and rice ●
- 34 Eggplant parmigiana ●
- 40 Leek, prosciutto and goat's cheese crostata ●
- 56 Lentil and veggie soup with parmesan toast ●●●
- 76 Pork pad Thai ●
- 78 Pumpkin, chicken and feta quesadillas ●
- 77 Quick ricotta gnocchi with roasted vegetable sauce ●●●
- 34 Spaghetti with tuna, roasted tomato and lemon ●
- 64 Spinach, tomato and rosemary lentils with paprika chicken ●
- 66 Steak with mushroom sauce and sautéed silverbeet ●
- 56 Teriyaki beef and cashew stir-fry
- 78 Thai fish cakes ●●
- 36 Veal with creamy Marsala and caper sauce ●
- 76 Veggie, tofu and parmesan fritters ●●●
- 77 Warm barley, mushroom and chicken salad

ACCOMPANIMENT

- 42 Radicchio, cucumber, mint and orange salad ●●

DESSERTS

- 50 40-second microwave chocolate brownie puddings ●

- 51 Banana, pecan and maple puddings ●●
- 42 Blueberry, vanilla and lemon cheesecakes ●
- 49 Lemon delicious pudding
- 50 Microwave strawberry and vanilla pudding ●
- 84 Pears poached in sparkling wine ●
- 49 Whole orange and almond syrup cake ●

DRINK

- 40 Elderflower and blackberry bubbles ●



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

Postcards from the SHED

Everyone's favourite chippie
Rob Palmer reflects on his very
first life-changing diabetes camp



In 1922, one of medicine's most incredible moments took place in a Canadian hospital ward full of children, most of whom were in diabetic ketoacidosis comas. Scientists went from bed to bed, injecting the children with a new purified extract: insulin. One by

one, they all awoke from their comas. A room of death and gloom became a place of joy and hope.

This story floored me when I first heard it – tear ducts welling up and all. 'Joy and hope' are emotions that I focus on now, especially when I look back on my first diabetes camp.

Year one with type 1 was a tough one. It all seemed pretty unfair. No more one-cent lollies on a whim; needles and finger pricks on multiple occasions daily. At times, joy and hope seemed a distant memory.

Enter diabetes camp. As an eight-year-old, it produced a swirling mix of excitement, anticipation, competition and mateship. As we left Sydney I remember seeing the confidence and jovial recklessness of the older, obviously newly reunited kids. I instantly wanted to be them, or at least feel what it looked like they were feeling. All this certainty and I'd only just gotten on the bus!

The beauty of the camp was apparent from the get-go. We all met Mum – the pet name given to the nurse who checked our blood glucose levels (BGLs) and insulin doses at every clinic visit.

**'Diabetes was
the norm, FUN
our primary
concern'**

What a legend she was, and funny, too. The clinic was where we all went to check our BGLs together and load up with insulin. For the first time it became an event, not an inconvenience. There was a feeling of inclusion with an edge of cool.

We quickly settled into age groups and an endless agenda of fun began. There were always staff to ensure we were on track and as soon as someone looked to be walking backwards in a near-on zombie dopiness, the non-desperate attention was comforting – it was more like you'd just stubbed your toe than had a hypo. My mum and dad may not have been there, but diabetes camp still felt like a stronghold of support.

Although there were periods of education as we learned how to manage our new condition, it never felt like diabetes had the floor. The overriding theme was fun. We short-sheeted each other's beds, flew paper aeroplane notes through the girls' dorm window (which took some bravery!) and competed in sports like it was the Olympics, but we did it as a crew of kids with the same condition. Diabetes was the norm and fun was our primary concern.

Close to 100 years on from that landmark event that saved and changed the lives of those children who were waiting for the end, diabetes camps now take kids with a lifelong condition and give them the joy and hope that comes with childhood fun and friendships forged amid a wonderful beginning. ■



HAPPY DAYS

Rob with the nurse known as Mum, at diabetes camp.

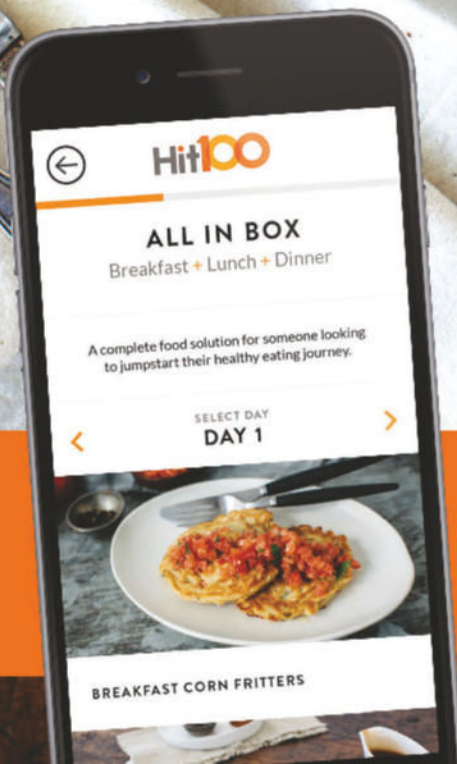


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